WINNING ESSAYS FOR CSS, PMS & OTHER COMPETITIVE EXAMS

Techniques, Outlines and Complete Essays

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About Author

Mr. Mureed Hussain Jasra boasts of a diverse professional background. Being a Civil Servant, he has served at important positions in the Federal Secretariat and autonomous bodies dealing with the important policy level matters. Prior to joining Civil Service of Pakistan, he served as a lecturer of English in the Federal Government of Pakistan and won accolades in academic circles and intelligentsia for his professional commitment and devotion to work.

Mureed Hussain Jasra's current fame among the CSS aspirants owes to his stellar success as being the most towering CSS coaching teacher and mentor. Under his careful mentorship, many young men and women have won distinctions in the CSS/PMS competitive examinations and are now serving the nation in different capacities. He regards teaching as the singular driving passion of his life and has founded Civil Services Preparatory School for the young aspirants.

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TABLE OF CONTENTS

PAK MCQS

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Chapter 1:
Techniques and Skills for Essay Writing

What is an Essay?

An essay is a piece of academic writing that generally consists of 1500 and 5000 words. This is an intellectual exploration of a topic to find different arguments and evidences to develop the writer's perspective, opinion or stance. The word essay originally means an attempt or a try at some topic, but technically it usually means a comprehensive piece of writing on a specific topic. The purpose and given time of an essay determines its length and for students of CSS and PMS its length is 2500-3000 words or 20-25 paragraphs or 250-300 sentences. Every essay has four major portions which include outline, introduction, body paragraphs and conclusion. Your examiner marks your essay, making comments not only about what you have said (content and arguments) but also the way you have written or organized all this in your essay (grammar, expression, structure). Your examiner will grade your essay too, so that you can see where you stand in relation to whatever standards apply to your examination. However, one should not see essay writing is simply compilation of some information on some given topics without any coherence and logic but there should be logical connection among ideas, sentences and paragraphs. In addition to the above, an essay consists of three major parts:

A. An outline 5%
B. The introduction 10%
C. The main body 75%
D. The conclusion 10%

The introduction and the conclusion (unusual paragraphs), although very important and key parts of the essay, often provide a complete summary of the essay relatively in short and brief writing. The bulk of an essay, both in form and substance, is contained in the main body which usually consists of 18-20 usual paragraphs. The introduction is intended to lead the reader into the topic and clarify what the essay will specifically deal with. It usually consists of one paragraph, but this depends on the length of the essay and the amount of background information the context requires. The introduction will contain a key sentence at the end in form of thesis statement - if necessary more than one sentence - which ideally appears at the end of the introduction. Then start the usual/body paragraphs which deal with the major ideas that support the thesis statement and this is always in form of description or stance. Each main idea/argument is presented in a separate paragraph and developed with supporting ideas in the form of definitions, explanations and connection with the topic of the essay. This is always illustrated with examples, quotations, facts and data where appropriate or necessary. The conclusion brings the reader back to the purpose of the essay and draws all the points together before making a final comment on the basis of previous discussion/argument. **Ultimate purpose of an essay is to show a progression from a general level -in the introduction- down to the specific -the statement and body- and back up to the general level again: conclusion.** The purpose of a CSS/PMS essay is to provide written evidence of your ability to give your opinion on a topic, weigh arguments, organize your thoughts, express these thoughts in a logical, coherent, critical and correct grammatical manner and finally reach at the conclusion. In short an essay is an opinion of the writer in 20-22 paragraphs. Furthermore a good and an attractive essay must have following five components which the examiner of the essay always examines while assessing the essay.

However; it is a fact that even many talented students could not pass essay due to faulty structure. All the five components have equal weight and hence include;

A. Structure
B. Content
C. Expression
D. Grammar
E. Arguments

Types of Essays: An essay is a piece of writing that methodically analyses and evaluates a topic, a question or an issue. Fundamentally, an essay is designed to get your academic opinion on a particular matter. Many students get confused about the word opinion in essay writing, and think that essay writing should just stick to report the facts and forget about opinion altogether. However, there are major differences between an academic opinion, based on strong evidences, and a personal opinion, based on emotion and feeling without concrete evidence and logic, and it is important to comprehend these when you are putting together an essay. Writing a good and comprehensive essay is not about simply surveying and re-telling existing ideas. Instead, a good essay takes into account various opinions and points of view and puts forward an argument that reflects the writer's informed opinion and stance. Furthermore; there are many kinds of essays which differ from one another on the basis of formation of outline, selection of words, presentation of facts, organization of arguments, composition of paragraphs, forms of tenses and description or narration of ideas and events. Writing different types of essays effectively has become critical and key requirement to get good marks in essay writing. Students must remember that every type of essay has its own requirements and their different approaches can be obviously seen in structure. There are over a dozen types of essays, so it is easy to get confused. However, essentially there are four major types of essays which are included in CSS. These include;

1. Factual or Social: The essay that describes socio-economic issues is called factual or social essay. The purpose of such essays is to explain a topic in a logical and straightforward manner. Without bells and whistles, such essays present a fair and balanced analysis of the topic based on facts mostly in the form of causes, impacts and solutions. Furthermore; the key requirement in such essays is to convince the reader to accept the writer's point of view or recommendation in simple but flawless language. The writer builds a case using facts, examples, expert opinions, and sound reasoning to get good marks. The writer should present all sides - primary and secondary statements - of the argument in order to facilitate the examiner but must be able to communicate clearly and without equivocation why certain causes, consequences and solutions are more critical. Its ideal length is 2500-3000 words and it always gets only passing marks. Some of its examples are;

1. Global Warming: Its Causes and Consequences (2018)
2. Energy Crisis: Causes and Consequences (2012)

2. Descriptive: The descriptive essay provides details about how something looks, feels, tastes, smells, makes one feel, or sounds and this essay paints a picture with words. In CSS/PMS such essay often requires comprehensive description and analysis of some concept, personal event, organization and movement. Analysis does not mean telling the story. Many students fall into the trap of telling the reader what is happening in the text instead of analyzing it. The topic you have chosen to analyze is divided in primary and secondary statements. After stating the problem, elaborate and present your argument. Its ideal length is 2000-2200 words and mostly such essays get good marks.

1. Pakistan is Rich in Resources but Poor in Management (2010)
2. World as a Global Village: Learning to Live Together (2016)

3. Argumentative/Persuasive/Literary: This is the type of essay where you prove that your opinion, stance, theory or hypothesis about a topic or an issue is correct or more truthful than that of others. This requires a writer to defend a position on a topic using evidence/arguments from personal experience, literature, political science, theology, history, psychology and sociology to support his or her stance/viewpoint. The writer usually uses several different arguments to prove his/her point and you may not quote more than one example from one source. In short, it is very similar to the persuasive essay, but the difference is that you are arguing for your opinion as opposed to others, rather than directly trying to persuade someone to adopt your point of view. The argumentative essay should be based on pros and cons and you have to support one side with solid evidence and examples. Furthermore; it also involves subjectivity of the readers/examiners and thus enables them to award highest as well as lowest marks for the same essay. Some of its examples are;

1. Is colonial mentality impeding Pakistan's progress?
2. Are modern wars not holy wars?
3. Great nations win without fighting.

4. Narrative: A narrative essay is a description of some past events, and personality in which the writers share their personal experience. Writing a narrative essay provides the examiner an opportunity to get to know and understand you better. During the process of writing a narrative essay, you will learn ways to articulate personal experiences to inform and entertain others. Narrative essays provide human interest, spark our curiosity and draw us close to the storyteller. However, narrative essays never appear in any type of competitive exams like CSS/PMS.

Actually in simple words, the essay has two major types and they are totally different from each other on the basis of formation of outline, composition of introduction, construction of body paragraphs, organization of conclusion, selection of words, presentation of facts, organization of arguments, , forms of tenses and description or narration of ideas and events. These are;

Descriptive: The type of the essay that always describes concepts, ideas, events, social evil etc. in the farms of primary and secondary statements.

Argumentative: The type of the essay that requires your stance in the form of yes or no. In short the argumentative essay is a specific type of writing in which a student chooses a topic (often a

controversial topic), researches it extensively, and then uses the evidence gathered in the research process to establish his/her opinion or position on the topic in an essay designed to persuade others to share that opinion.

This table will further elaborate and help the students to understand different kinds of essays

Key Differences	Argumentative/ Literary/ Expository	Descriptive/ Factual/Social
Nature of topic	Statement/quotation in the form of question	Statement /Issue/Fact
Requirement	Prove with your stance of yes or no.	Describe in the forms of universal, primary and secondary headings.
Knowledge	Diversified, as every argument should be taken from different subject/field.	Average
Failure	Maximum	Average
Length	Short (1500-1800)	Average(2000+)
Marks	Highest	Average
Criteria of checking	Knowledge with Extra-ordinary Language	Minimum Knowledge with good Language

Components of an Essay

Writing an essay is complex and daunting process for many students, but this is pretty straight-forward and simple. Many students get confused about what the key elements are which are required in a good essay and how a teacher marks an essay. An essay is not treated as a whole but this is divided in some basic components and examiners give equal marks to all components and these are;

1. Structure 20
2. Content 20
3. Expression 20
4. Grammar 20
5. Argument 20

However; most of students do not know all this and they put their maximum effort on content without knowing expression, grammar and structure (number of sentences and ideas) of a paragraph and even structure of a sentence.

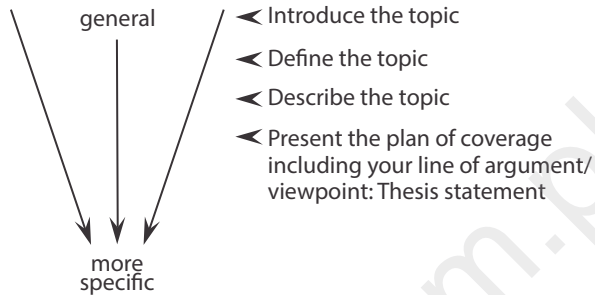
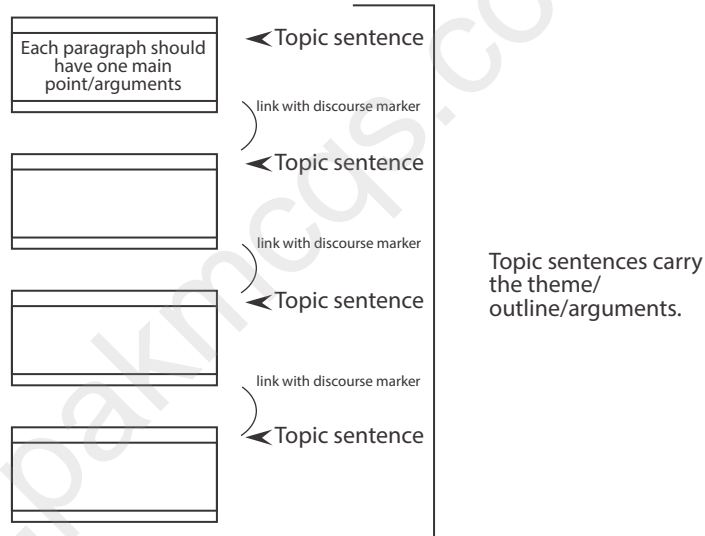
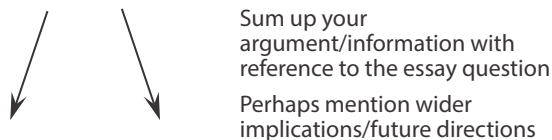
1. Structure

The process of organizing and putting sentences and paragraphs together is known as structure of the essay. It is an overall arrangement of sentences and paragraphs in the essay. But it is noticed that most of the CSS/PMS students' essays are frequently organized either by repetition or by illogical pattern. A good argument proceeds in a logical way, but also develops the implications of a thesis more deeply as the essay progresses. The reader should understand how each new section - outline, introduction, body paragraphs and conclusion - starts and extends the arguments that come before and prepares for the argument that is still to come. Students must remember that every section of the structure has its own requirements.

In simple words this is a way/plan in which different parts of an essay are combined together. It has three parts:

1. Outline 5%
2. Unusual paragraph (introduction and conclusion) 20%
3. Usual paragraph (all body paragraphs) 75%

It can be mapped in the following way.

The Structure of an Essay

The structure is basically the way about how students compose and combine sentences and paragraphs that will make an effective essay. Therefore it is essential to define outline and unusual and usual paragraphs that are the basic building blocks of the structure.

Outline

An outline is simply a framework for presenting the central, main and supporting ideas for a particular topic. Outlines help you develop a logical, coherent structure for your essay, making it easier to translate your ideas into words and sentences. Once your outline is complete, you will have a clear picture of how you want your essay to develop. An outline always provides a complete picture of your essay and the same is followed in your essay as well. Every paragraph is reflected in your outline. It is the outline which decides the future of your essay. It has been reported in FPSC examiners' report, "Students make lengthy outlines with very little relevant material. Rarely, outlines are quite relevant and extensive, but they are not well organized and have not been followed in essay."

Types of Outline: We have two types of outline that is Topic Outline and Sentence Outline. A Topic Outline consists of headings - Universal, Primary and Secondary – and every heading has been further described in the form of points and arguments which should consist of short phrases. These phrases provide the central/main idea for the topic sentence of a paragraph. This type of outline is often recommended by FPSC examiners. A Sentence Outline summarizes each idea in a complete sentence that may become the topic sentence for a paragraph in the essay.
An ideal outline must have following features;

1. It must provide a comprehensive image and every argument/paragraph should be reflected in outline
2. Your outline should be very comprehensive that may provide the overview of your whole discussion.

In order to make this comprehensive in Descriptive Essay, this is always divided in Universal, Primary and Secondary headings.

a. Universal Heading: The heading which has been repeated in every essay and an essay has two such headings – Introduction and conclusion
b. Primary Heading: This is portion/heading of your essay which has been asked by your examiner that can never be compromised by you. For example if the essay topic is "Global Warming: Its Causes and Consequences", your Primary headings are causes and consequences which can never be missed; however the solutions can be left as it has not been asked by the examiner.
c. Secondary Heading: This is the portion of the essay which has not been asked by the examiner categorically but if you add and that seems relevant you will get more marks as this always makes an essay more comprehensive. For example if the essay topic is "Global Warming: Its Causes and Consequences", your primary headings are causes and consequences but the addition of solutions makes the essay more comprehensive and it would help the students to meet the required length that is 2500-3000 words

However, you must remember that structure of the outline of an Argumentative Essay is slightly different from the Descriptive Essay. This has following components;

a. Universal Heading: The heading which has been repeated in every essay and an essay has two such headings – Introduction and conclusion.
b. Your Stance: This is the portion/heading of your essay which proves your stance/point

of view. You add all of your arguments in the favour of the topic under this heading.

c. Opponents' Stance: This portion gives you the overview of your opponents' stance or counter arguments and your response to them. These are the objections that your opponents would raise against your arguments, and have to be addressed in order for your essay to be truly persuasive. Responding to your opponents' arguments and pointing out why they are invalid is as important as presenting your own because this will strengthen your arguments and this in simple words is also known as antithesis of counter arguments.

1. Use the key words of your essay in headings as this will force you to remain relevant to the topic of your essay.
2. Every heading must be self explanatory
3. Capitalize every key word of the heading expect prepositions, articles, helping verbs, pronouns and conjunctions.
4. Illustrate the headings with points in the form of phrases
5. Every point can be divided into sub points in order to explain the content of the paragraph however separate paragraphs are not required for sub points.
6. Sentences are not allowed except interrogatives. However, sentences can be used in Argumentative Essays.
7. It should be flawless and you cannot afford a single mistake in your outline.

You must work on its presentation and always use markers and pointers- only of blue and black color - to make this more attractive.

Outline of a Descriptive Essay

Topic: Global Warning: its Causes and Consequences

Introduction (Universal Heading)
1. Emergence of Industrial Revolution
2. What is global warming?
3. A real threat for life existence

Causes of Global Warning (Primary Heading)
1. Concentration of carbon dioxide, methane, nitrogen oxide and sulfur dioxide
2. Excessive use of insecticide, lubricants and fertilizers
3. Nuclear radiation
4. Deforestation
5. Burning of fossils fuel
6. Chlorofluoro carbon and depletion of ozone layer
7. Explosion of population

Threats due to Global Warming (Primary Heading)
1. Severe floods
2. Melting of polar ice, glaciers and ice-sheets of green land

3. Rising of sea level
4. Catastrophic rains
5. Severe hurricanes
6. Frequent natural disasters
7. Disasters' impact on marine life
8. Encroachment of coastal areas
9. Ozone depletion
10. Disappearance of species
11. Mass migration of people
12. Loss of economy
13. Loss of biodiversity
14. Increase in range of diseases
15. Decline in agricultural production

Measurements to Counter Global Warning (Secondary Heading)

1. Mass level of plantation
2. Use of renewable energy
3. Energy conservation
4. Reduction of greenhouse gases
5. Saline resistant crops
6. Forest planning
7. Technology transfer

Conclusion (Universal Heading)

Outline for an Argumentative Essay

Topic: Is Gender Equality a Myth?

Introduction (Universal Heading)

1. Evolution of civic life
2. What does gender equality mean?

Gender Equality is a Myth (Your Stance)

1. Male dominance in society manifests the reality of gender inequality
2. Cultural attachment
3. Orthodox religious practices
4. Conservative social norms
5. Economic dependence of women
6. Limited political participation by women
7. Limited job opportunities all over the world
8. Plato called women, "property of state"
9. Frailty thy name is woman

How Gender Equality is a Fact (Opponents' Stance)
1. Women equality in the West
2. Article 25 (2) of Constitution of Pakistan 1973 ensures equality
3. Biological equality of men and women

Conclusion (Universal Heading)

Topic: Has Democracy Failed to Deliver in Pakistan?

Introduction (Universal Heading)
1. Evolution of different forms of governance
2. Democracy and its key objectives

Failure of Democracy to Deliver in Pakistan (Your Stance)

1. Extreme poverty confirms the failure of democracy;
   i. 27 % of total population lives below poverty.
   ii. 48% citizens do not have access to clean water.
2. Absence of transparency and accountability manifests the reality of democracy in Pakistan.
3. Freedom of speech can never be denied in real democratic states: kidnapping and torture on civil society activists.
4. Rise in inflation
5. Prevalence of gender inequality shows the worth of democracy.
6. Restoration of democratic government has failed to build confidence of foreign direct investors: decrease in FDI.
7. Failure to ensure national integration: insurgency in Balochistan and FATA.
8. Failure to provide basic necessities of life;
   a. Food
   b. Shelter
   c. Education

Area Where Democracy Remains Successful (Opponent Stance)

1. Political parties introduce devolution of power to ensure provision of basic necessities: 18th amendment.
2. NFC award 2010:a step by democratic government toward national integration: division of resources on diverse formula
3. Freedom of press: emergence of social media and private channels.

Conclusion (Universal Heading)

Paragraph

A paragraph is number of sentences which must be related to a single topic/central idea. Almost every piece of writing you do that is longer than a few sentences should be organized into paragraphs. This is because paragraphs show a reader where the subdivisions of an essay begin and end, and thus help the reader to see the organization of the essay and grasp its main points. Furthermore; paragraphs can contain different kinds of information. A paragraph can contain a series of brief examples or a single long illustration of a general point. It might describe a place, character, or process, narrate a series of events, compare or contrast two or more things, classify items into categories, or describe causes and effects.

Regardless of the kind of information they contain, all the body paragraphs share certain characteristics. One of the most important of these is a topic sentence. A well-organized paragraph supports or develops a single controlling idea, which is expressed in a sentence called the topic sentence. A topic sentence has several important functions: it substantiates or supports an essay's thesis statement; it unifies the content of a paragraph and directs the order of the sentences; and it advises the reader on the subject to be discussed and how the paragraph will discuss it. Readers (examiners) generally look at the first few sentences in a paragraph to determine the subject and perspective of the paragraph. That is why it is often best to put the topic sentence at the very beginning of the paragraph. The vast majority of your paragraphs, however, should have a topic sentence.

In simple words, a paragraph is a combination of 6-8 sentences about a single idea. According to FPSC Examiners' Report the key reason of failure is that most of students do not know how to write a paragraph/paragraph structure. The practice of writing paragraphs is essential to make writing effective. Paragraphs help to break up large chunks of text and make the content easier for readers to digest. They guide the reader through arguments by focusing on one main idea or goal. However, knowing how to write a good and well-structured paragraph can be little tricky. This is divided in two types;

1. Unusual Paragraphs (Introduction, Conclusion and Transitional)
2. Usual/Body Paragraphs

Unusual Paragraph

Unusual paragraph is the beginning or end of an essay which consists of 12-16 sentences, usually ten percent of the whole essay, and provides the complete summary and this is called unusual paragraph because it never follows the rules of 6-8 sentences and concept of single idea. It does the same job for an essay as the topic and concluding sentences do for a paragraph. In a paragraph, the topic sentence tells the reader what the subject of the paragraph will be and how it will be developed. In an essay unusual paragraphs introduce and conclude the topic. There are three parts of unusual paragraphs: the opening statement (three general sentences - means background of the topic - and three specific sentences –illustration/explanation of the topic -), twelve supporting sentences (in the form of primary and secondary statements for Descriptive Essay or your and opponents' stance in Argumentative Essay) and the thesis statement (brief of the whole essay in one sentence that leads the examiners mostly to the form of plan or stance.)

There are many ways to write unusual paragraphs, but it is necessary to include each of the three parts. Furthermore, it has two types:

A. Introduction
B. Conclusion

Introduction

An introduction serves as a map of the essay, outlining to your reader the main arguments and points which you prove and develop in your essay. Introductions begin with an orientation in the form of a brief general statement (story, quotation or background information) that leads the reader to the topic showing how the specific topic relates to bigger issues and concept. There are three parts of an introduction: the opening statement which can be further divided in general and specific statements (three general sentences - means background of the topic - and three specific sentences –illustration/explanation of the topic -), twelve supporting sentences (in the form of primary and secondary statements for Descriptive Essay or your and opponents' stance in Argumentative Essay) and the thesis statement (brief of the whole essay in one or two sentences that leads the examiners mostly to the form of plan or stance). There are many ways to write an introduction, but it is necessary to include each of the three parts. This always ends by thesis statement, which is your concise response to the essay question, then an outline of the argument presented in the essay. Its parts/components can be categorized in the following way;

Structure of an Introduction of Descriptive Essay

1. **Opening Statements** (6 sentences)
   a. General statement: Ideally two to three sentences to introduce the topic in the form of background of the topic, story or quotation.
   b. Specific statement: This portion defines the topic.
2. **Additional Statements** (10-12 sentences)
   a. Primary Statements: This portion of the essay describes the points which have been asked by your examiner. For example if the essay topic is Global Warming: Its Causes and Consequences, your primary headings are causes and consequences which can never be missed; however the solutions can be left as it has not been asked by the examiner.
   b. Secondary Statements: This is the portion of an essay which has not been asked by the examiner categorically but if you add and that seems relevant you get more marks as this always makes an essay more comprehensive. For example if the essay topic is *Global Warming: Its Causes and Consequences,* your primary headings are causes and consequences but the addition of solutions will make the essay more comprehensive and the same will help the students to meet the required length that is 2500-3000 words.
3. **Thesis Statement** (1sentence). The thesis statement of an essay acts as a brief and explicit guide for your reader. It is a one or two sentence summary of the plans that you are trying to make in your essay and acts as a summary of the whole essay.

An Introduction on, *Has Democracy Failed to Deliver in Pakistan? (Specimen)*

It is not too long ago when humanity learned to live in groups and developed principles to govern themselves. Even the earliest communities demonstrated the practice of choosing a

leader form among them to follow. This simple idea evolved into an array of complex systems of governance and leadership **(General Statement)**. Democracy, the most widely accepted system can be defined in the famous words of Abraham Lincoln as "Government of the people, by the people and for the people." The core idea behind democracy is the will of the people and its key ingredients include provision of basic needs to masses, free and fair elections, protection of basic human rights, freedom of speech, rule of law, women empowerment and independence of the judicial system **(Specific Statement)**. As for as Pakistan is concerned, it has had a chequered history of democracy since it came into existence, from which it can be deduced that democracy has failed to deliver in Pakistan. A major piece of evidence is that majority of her population does not have access to clean water and food. The country is still unable to conduct free and fair elections due to widespread interference and rigging observed by everyone. Democratic governments have compromised on the supremacy of the constitution many times which is against the very essence of democracy. However military intervention alone cannot be blamed as the state institutions have failed to deliver even under civilian rule. They have been involved in many evils that include the menace of corruption and nepotism that have infiltrated the social fabric of society. Rule of law is missing from many parts of the country that rejects democracy and gives rise to many conflicts in the shape of sectarianism and terrorism. Lack of a strong judiciary also handicaps the democratic process and results in many instances of human rights abuse all over the country **(Your Stance)**. On the other hand, those who disagree with the failure of democracy, argue that many of the problems faced today are much deeper rooted and date back even before the creation of Pakistan. Therefore democracy can not be entirely blamed in Pakistan where it is still ever young **(Opponents Stance)**. Although there is truth to this; however, they have forgotten that nations younger than Pakistan - those created after the disintegration of the USSR and a few others - have weeded out their shortcomings using the tool of democracy **(Antithesis of Opponent Stance)**. Hence, it can be deduced that in Pakistan, democracy has failed to deliver the prosperity it promises. **(Thesis Statement)**

Usual/Body Paragraph

The body of the essay is essentially the specific detail of the topic. Several paragraphs will explain the topic that you are discussing. The usual/body paragraphs will prove or disprove the hypothesis in Argumentative Essay or provide the specific detail of different aspects in Descriptive Essays. There will be many citations, references and pieces of information which will lead the reader to understand what the topic is about. The body must be relevant to the subject, with clear and concise thoughts. Jargon or very technical terms should be explained so that the reader/examiner does not become confused. You may not attempt to make the paper meet the required length by using fluff - repeating sentences or details in several different ways, and saying the same thing. Research needs to be done and in a really good essay, good research and a strong knowledge of the topic is the key requirement. The writer must also make a smooth transition among sentences, ideas, or paragraphs. Basically, one idea leads to another.

In a very simple way, body/usual paragraphs are a combination of 6-8 sentences on some single topic or idea. You may not add more than one idea in one paragraph. It must have following components;

1. **Topic sentence**
2. **Development/ Supporting Sentences/**
3. **Coherence**
4. **Unity**
5. **Organization**
6. **Concluding Sentence**

1. Topic Sentence

A topic sentence is the most important sentence in a paragraph. It is also referred as a focus sentence; the topic sentence helps to organize the paragraph by summarizing the information in first sentence. In essay writing, the topic sentence is usually the first sentence in a paragraph- although it doesn't always have to be. A topic sentence essentially tells what the rest of the paragraph is about. All sentences after it have to give more information about the topic sentence, prove it by offering facts about it and describe its details. Furthermore; the topic sentences also need to relate back to previous paragraphs as well as thesis statement of the essay by indicating the topic of the essay. Every topic sentence, most of time, starts with discourse markers to create its linkage with antecedent and coming paragraphs. In brief; it is very first sentence or a catch line of a paragraph which determines the direction of the paragraph. It must have following three essential parts;

1. Discourse markers of structure (firstly, secondly, thirdly and lastly or to start with, in addition, furthermore and finally)
2. New idea/Central idea (Every point of your outline is basically considered a new central idea)
3. Topic of the essay (This forces you to remain strict on the topic of your essay)

2. Development/Supporting Sentences

A typical body/usual paragraph starts with topic sentence/controlling idea or claims which are then explained, developed, or supported with evidence. All usual/body paragraphs start with a topic sentence. A topic sentence, central idea or claim controls the rest of the paragraph; the body of a paragraph explains, develops or supports with evidence the topic sentence's main idea or claim and this is called development. This development is also useful for readers because they guide them through sometimes complex arguments. Many well-known, experienced writers effectively use topic sentences and development to bridge all 6-8 sentences of a paragraph and different paragraphs of the essay. So, development is the art of converting your topic sentence into a comprehensive paragraph and it can be achieved by applying following tools;

a. Topic sentence (1 sentence)
b. Supporting sentences (4-6 sentences) define, describe and link the central idea of the topic sentence.
c. Justification (1 Sentence) prove the description or stance in the form of quotations , sayings , references , examples ,facts , figures, arguments and compare and contrast to

prove topic sentences claim

d. Conclusion sentence (1 Sentence) conclude the paragraphs

Structure of Body Paragraph

Topic: National Integration

Firstly, it is quality education which can fasten national integration in a society and country (Topic Sentence). It equips an individual with knowledge, awareness and insight. Furthermore; it enhances an individual with variety of skills to earn employment in public or private sector and in foreign countries. It is quality education which makes citizens develop their cognitive abilities which is the best tool to differentiate between right and wrong and due to this, individuals can not deviate from social and national norms of a society **(Supporting Sentences)**. As Sir Syed has rightly said, "Educate, educate and educate, cure the roots and the tree will flourish" **(Justification)**. Moreover; an educated person is always a great source of inspiration for others and he can convert anti state elements to work for national building **(Supporting Sentences)**. Hence; this is proved that quality education is an effective tool to strengthen national integration **(Concluding Sentences)**.

3. Coherence

The connection or connectivity that readers or listeners perceive in a written or oral text is called coherence. Coherence in a paragraph is the technique of making words, phrases, and sentences move smoothly and logically from one to the other. In other words, the ideas should be so interwoven and glued together that the reader is able to see the consistent relationship between them. It is obvious that if a paragraph is not unified, does not have a logical order, and does not have a consistent point of view, the reader is unlikely to grasp the point of the paragraph. In addition, there are many devices and techniques that will help you achieve coherence. In general, the coherence devices are helpful for making your communication clear for the reader. Use of discourse markers/ transitional words and phrases, repetition of key words and phrases, pronouns, reference, and parallel sentence structure are useful techniques to achieve coherence. In short; it is an attachment and connectivity among ideas, sentences and paragraphs of the essay to create flow, rhythm and beauty. Furthermore; there must not be a gap among ideas, sentences and paragraphs. It has following two types;

a. **Logical Coherence** (among ideas): The appropriate order of your ideas is determined by various factors and you can arrange your ideas, sub ideas and their examples in a variety of ways, including: chronological order (by time - good for narration), space order (by location - good for description), emphatic order (from the least important point to the most important), problem-solution order, from specific to general, or from general to specific. In addition, irrelevant ideas and repetition of the same ideas always irritate your examiners because they destroy coherence in your essay. Further this will make your essay less effective. It is also noticed that most of the time students write irrelevant ideas and repeat content in order to achieve the required length (2500-3000 words).

b. **Verbal Coherence** (sentences and paragraphs): The basic purpose of coherence in

writing is that all of your sentences and ideas should be logically related and connected to each other. It is accomplished by having your sentences in logical order as well as by showing the relationship of sentences to one another. If you are reading an essay and you find it confusing, and it doesn't seem to make much sense or is hard to follow, the writer is most likely having a problem with coherence. Coherence, logical order, is accomplished in several ways: having a clear thesis statement for the whole essay, having clear topic sentence for each paragraph, placing paragraphs in appropriate order, having the appropriate examples, use of pronouns and discourse markers and transitional paragraphs to connect the different parts of body. It can be achieved by followings tools;

I. **Discourse Marker/Connectors/Transitional Devices**: One of the most common methods of establishing coherence in a paragraph is the use of transitional words and phrases. These devices indicate to the reader the specific relationship between what was said and what will be said. They are used to create coherence among sentences and paragraphs.
II. **Synonyms and Variation in Words**: Synonyms are words that have essentially the same meaning, and they provide some variety in your word choice, helping the reader to stay focused on the idea being discussed.
III. **Use of Pronoun**: The word that replaces noun is called pronoun. This, that, these, those, he, she, it, they and you are useful pronouns for referring back to something previously mentioned.
IV. **Transitional Paragraph** (Join different paragraphs of body): A short paragraph in an essay that announces a shift from one section or heading to another is known as a transitional paragraph. This is most commonly used to summarize the ideas of one part of a text in preparation for the beginning of another part. The advantage of the transitional paragraph is that it connects different subparts of an essay which is essential for coherence. Further, it also serves as a reminder of the key points you have made so that your reader can keep these points in mind while approaching to other part of your essay. It consists of one or two sentences.
V. **Thesis Statement**: A sentence or two in your text that contains the focus/summary of your essay in the form of plan or stance that tells your reader what the essay is going to be about. Many writers think that thesis statement works as an umbrella: everything that you carry along in your essay has to fit under this umbrella, and if you try to take on packages that don't fit, you will either have to get a bigger umbrella or something's going to get wet. The thesis statement usually appears at the end of first paragraph. Usually it appears as the last sentence of an introduction. Furthermore; this summarizes the whole essay in one sentence in order to lead the examiners, in the form of plan or a stance, about organization of an essay.

4. Unity

This is a key characteristic for effective paragraph/essay writing. The concept of unity in paragraph/essay writing means that one paragraph must discuss only one idea. It means that all the sentences - the topic, supporting sentences, the detail sentences, justification

and the concluding sentence – should tell the reader about one topic and the writer must not deviate from the topic. If your paragraph contains a sentence or some sentences that are not related to the main topic, then it can be stated that the paragraph lacks unity, or that the sentence is off-topic. In short, this is singleness of ideas and one idea must be presented in one sentence and one paragraph. In addition, there must not be any kind of deviation from your topic of the essay and topic sentence of the paragraph.

5. Organization

Each paragraph in a text contains a main idea which is related to the other major points presented in the text, this must lead to others. Organization and concentration on a single topic is essential for effective paragraph/essay writing. The main or controlling idea in a paragraph is generally contained in a topic statement, often at the beginning of a paragraph. Although this is the most typical paragraph pattern, topic statements may be placed in any position in a paragraph or in more than one sentence. The topic statement contributes to establish a meaningful pattern to the various pieces of information conveyed within the paragraph. It is usually helpful to present generalizations about the topic before the specific information. Although many paragraphs contain a single generalization which contains the main or controlling idea, in some cases paragraphs contain generalizations of different levels. Moreover, the level of generality of a particular statement depends on the context. The appropriate order of your ideas is determined by various factors and you can arrange your ideas, sub ideas and their examples in a variety of ways, including: chronological order (by time - good for narration), space order (by location - good for description), emphatic order (from the least important point to the most important), problem-solution order, from specific to general, or from general to specific. In short, order among sentences, ideas and paragraphs is called organization and this is very essential for effective writing to put the readers focused on writing.

6. Concluding Sentence

A concluding sentence is used to signal that your paragraph is coming to an end. Writing a concluding sentence can be more difficult than you realize. A concluding sentence should be a summary of the previous discussion and not include any new information. The reader should be able to identify the key points in a text by reading the concluding sentence. This always concludes the discussion that started with the topic sentence. Concluding sentences have three crucial roles in paragraph writing;

a. Summarizing the points you have made.
b. Repeating words or phrases (or synonyms for them) from the topic sentence.
c. Using linking words that indicate that conclusions are being drawn, for example, in short, therefore, thus, resulting etc.

It has following requirements

1. Concluding discourse markers
2. Central idea
3. Repetition of the topic of the essay

Conclusion of the Essay

The conclusion is important, yet often left out by most of the students which always becomes a cause of failure. The basic purpose of conclusion is to summarize the whole essay in one continuous paragraph. In CSS/PMS essay, it is common to bring a summary of conclusions or recommendations forward to the start of the essay so that examiners need not read the whole if they do not wish. This section might also be called an abstract, synopsis or executive summary. Furthermore, a conclusion plays a special role in the essay as a good conclusion should again identify your topic, provide essential context, and indicate your particular focus in the essay. It also needs to engage your readers' interest by providing optimistic pictures of the issue. A strong conclusion will provide a sense of closure to the essay while placing your concepts again in a somewhat wider context.

Structure of Conclusion of Descriptive Essay

1. **Concluding Discourse Marker**
2. **Opening Statements** (6 sentences)
   a. General statement.
   b. Specific statement
3. **Additional Statements** (10-12 sentences)
   a. Primary Statements
   b. Secondary Statements
4. **Thesis Statement** (1 sentence)

Structure of Conclusion of an Argumentative Essay

1. **Concluding Discourse Marker**
2. **Opening Statements** (6 sentences)
   a. General statement
   b. Specific statement

a. **Additional Statements** (10-12 sentences)
   a. Your stance
   b. Opponent stance

b. **Thesis statement** (1 sentence)

Time Management (3 Hours/ 180 Minutes)

Every productive work requires some kind of planning. Essay writing is a creative process; hence it requires planning as well. This process involves at least five distinct steps: selection of topic, prewriting, drafting, revising, and editing.

a. Selection of topic **(10 Minutes)**
b. Pre writing stage: Brain storming and outline **(45 Minutes)**

c. Drafting stage **(1 Hours and 40 Minutes)**

d. Post drafting stage **(25 Minutes)**

Chapter 2:
Outlines On Different Topics

Economic Crisis in Pakistan: Challenges and Prospects

Introduction

1. Global economic crisis
2. Economy of Pakistan at a crossroads
3. Causes of economic decay In Pakistan

Challenges of Economic Crisis in Pakistan

1. Dwindling foreign exchange reserves
2. Current account deficit increasing exponentially
3. Stagnant Small and Medium Enterprises (SMEs)
4. Reduced Foreign Direct Investment (FDIs)
5. Shameful picture on human development index
6. Social fabric of Pakistan torn by a never ending war on terror
7. Myopic financial policies leading to fiscal quandary of Pakistan: Relying on IMF
8. Regressive taxation exempting the wealthy and squeezing the poor of Pakistan
9. Clienteles politics directly conflicting progressive reforms in fiscal policy
10. Rampant corruption and money laundering further festering the economic crisis of Pakistan
11. Mass illiteracy: biggest hurdle in the way of producing a well-trained workforce concentration of wealth in a few hands

Prospects of Economic Crisis in Pakistan

1. Increasing political awareness translating into positive political will necessary for economic progress in Pakistan
2. Investment by foreign countries and individual
3. Peaceful environment due to curtailment of terrorism: conducive environment for economic stability in Pakistan
4. Burgeoning middle class auguring well for economic prognosis of Pakistan
5. Policy initiative keeping public opinion at the center: a sure way for a stable economy
6. China-Pakistan economic corridor (CPEC) as a harbinger of economic stability
7. Advances in science and technology
8. Continuation of democracy laying a frame work of stable Pakistan
9. A robust foreign policy centered on regional cooperation to achieve trade viability
10. Restoration of relation with neighboring countries

Conclusion

Does Foreign Aid Help To Achieve Economic Stability?

Introduction

1. Greece financial crisis due to dependency on foreign resources
2. Prerequisites for economic stability
3. Firefighting role of foreign aid in economy of a country

Economic Stability does not achieved not Through Foreign Aid

1. Foreign aid hindering long term economic stability by snoozing the incentive to work hard
2. Destroy the image of the nation at global level
3. Unreliable supply
4. Channels of supply such as NGOs are not transparent
5. Cannot reach the poor due to control of elites
6. Give rise to patronage system
7. Mostly military aid which has no bearing on economic stability
8. Minimize growth in local industry
9. Foreign aid giving dictatorial rights to the aid given with regards to domestic policy - economic or otherwise
10. Foreign aid as a threat to national interests

Role of Foreign Aid in Economic Stability

1. Safety from bankruptcy
2. Visible boom in the economy immediately after aid

Conclusion

'Dharna' Against the State: Freedom of Speech or a Question on the Writ of the State

Introduction

1. The state of nature and need for social contract
2. Forfeiting a writ by shirking on obligation

'Dharna' Question on the Writ of the State as it

1. Paralyze the state machinery
2. Prevents the function of the executive
3. Undermines the judiciary, eroding public confidence, reducing institutional independence and handing due process
4. Brings civilian life to a halt- infringing upon other fundamentals rights
5. Calls for mutiny, vigilantism and assassination
6. Imitates policy framers, law makers and opinion leaders
7. Taints image of state, making it appears susceptible and vulnerable
8. Encourage mob justice
9. Undermines rule of law

How 'Dharna' Falls outside the Ambit of Freedom of Speech
1. Defeats the purpose of freedom of speech
2. Hate speech not free expression

Ways for actual Freedom of Speech to reinforce Writ of the State

Conclusion

Making New Provinces in Pakistan: Challenges and Prospects

Introduction
1. Evolution of national debate over creation of new provinces
2. Necessity of making new provinces: a gargantuan population of over 200 million with only four units of administration

Movement for New Provinces: South Punjab, Hazara and etc

Challenges of Making New Provinces in Pakistan
1. Lack of national consensus
2. Meager resources
3. Absence of political will necessary for requisite amendments to the constitution
4. Hegemonic agendas of feudal lords and other power hungry elements of society
5. Reluctance of large provinces to let go of their share from the national kitty
6. Centrifugal tendencies of the legislatures
7. Acquiring mandatory two-third majority in concerned provincial assemblies
8. Overnight delegation of powers to a sophomore political leadership of the nascent province

Prospects of Making New Provinces in Pakistan
1. Decentralization of power
2. Better governance
3. Employment opportunities rising in government sector as well as auxiliary fields
4. Equitable distribution of services among all the social classes of society
5. Equal opportunity for all strata of society in business, employment, agriculture and international trade
6. Efficient division of labour among organs of government
7. Flourishing democratic process
8. Micromanagement of local issues with dedicated local government machinery
9. Promotion of national solidarity/ national integration

Conclusion

Creation of New Provinces on Ethnic and Linguistics bases weakens the National Integration

Introduction

1. Emergence of Pakistan to protest Muslim minority in United India
2. Efficient administration requires small administrative units

How Creation of New Provinces on the Ethnic and Linguistic Lines Engender Crisis of National Integration

1. Give reasons for the demand of new provinces to other ethnic groups
2. Emergence of differences on national issues
3. Promote regional political parties
4. Depute over quotas in legislative bodies
5. Create rift in distribution of resources
6. Economic cost: building of new industrial zones at the cost of existing
7. Weaken national integration as politicians use ethnic cards to play fulfill their unconstitutional demands

A Way forward to Solve the Issues

1. Creation of new provinces on administrative basis
2. Decentralization of power at maximum points
3. E-governance to promote good governance
4. Implementation of Provisional Finance Commission
5. Empowerment of local government
6. Establish High Court Benches at divisional level
7. Dispensation of justice
8. Equal distribution of resources
9. Development of neglected region on war footings

Conclusion

FATA-KP Merger: Opportunities and Challenges

Introduction

1. Historical background of Federally Administrative Tribal Areas (FATA)
2. Status of FATA since independence
3. Recent reforms to integrate FATA with Khyber Pakhtunkhaw Province

Major Opportunities and Benefits that are expected from FATA-KP Merger

1. Expedition of the socio-economic development of the region
2. Strengthen writ of the state institution
3. Maintain security throughout the country
4. Address the issues and concerns of the local population with effective democratic representation
5. Strengthen territorial sovereignty of Pakistan

6. Ensure provision of basic fundamentals rights to every citizen

Key Challenges that can Prevent the Merger from Becoming Result Oriented

1. Non availability of resources to build civil institutions
2. Capacity issues of existing civil institutions
3. Preference of status quo by vested interest
4. Administration ambiguities delaying the implementation of constitutional reforms
5. Resistance to change by some of the regional political parties
6. Foreign powers playing their role to thwart the peace and prosperity of FATA

Conclusion

The Rise of Nationalism in International Politics

Introduction

1. Impact of globalization in the 21st century
2. Meaning of nationalism
3. Wave of nationalism sweeping across the western hemisphere
4. A grave threat to liberalism and globalization

Evidence of Rise of Nationalism in International Politics: Victory of President Trump and Braxiest

Reason for the Rise of Nationalism in International Politics in the Western Hemisphere

1. Unrestrained immigration in member countries of the European Union
2. Migrant crisis at the shares of European borders
3. Capital flight to populous poor countries, resulting in unemployment at home
4. Struggling majority middle class white in the United States of America
5. Rise in terrorist attacks in Europe and the United States of America
6. Rampant in equal distribution of wealth and indifferent attitude of existing lettering government

Reasons for the Rise of Nationalism in International Politics

1. Global economic crunch
2. Thirst for economic prosperity
3. Frequent terrorist activities
4. Protection of local industries
5. Welfare of citizens
6. Exploitation natural resources by international companies
7. Thread to environment

Impacts of the Rise of Nationalism on International Politics

1. Disintegration of European union and return to pre-WW II order
2. Popularity of concept of deglobalization
3. Increase in tariff for imports
4. Emergence of nationalism

5. Era of nationalists;
6. Trump in America
7. Modi emerge as national leader
8. Imran Khan, a ray of hope in Pakistan
9. Increase in intolerance
10. Clash of civilizations :P. Huntington
11. Return to Westphalia Narvon-state system in true letter and spirit

Conclusion

Development of Pakistan depends on Youth Bulge

Introduction

1. What do mean by development?
2. How youth bulge can ensure development of Pakistan

Development of Pakistan depends with Youth Bulge because:

1. Youth constitutes almost half of population
2. Tendencies of pro activeness and efficiency lie within youth

Development of Pakistan depends with Youth because they Posses Capacity to

1. Annihilate corrupt tendencies
2. Ensure sustainable development of society
3. Enhance productivity of work force
4. Counter non-democratic trends in society
5. Cultivate and induce openness and inclusiveness
6. Put political system on right trajectory
7. Tackle social deviances
8. Annihilate physical and ideological space for hostess generics human
9. Achieve SDG's sine qua non for sustainable development
10. Establish strong narrative against climate threat
11. Ensure rule of law and impart democratic principles of liberty, equality and freedom
12. Reject extremism
13. Counter patriarchal tendencies and sexism
14. Establish sound public opinions regarding issues
15. Induce reasonable voice in society

Conclusion

Rights of Minorities in Pakistan: Issues and Solutions

Introduction

1. Concept of a peaceful society
2. Quaid's vision: Assurance of equality
3. Minorities: Integral part of national power

Constitutional Rights of Minorities in Pakistan

1. Security of life
2. Right to fair trial
3. Liberty of movement
4. Freedom to profess religion
5. Equal citizenship
6. Provision of free and compulsory education
7. Safeguard against discrimination in services
8. Preservation of language and culture
9. Protection of legitimate rights and interests

Issues of Minorities in Pakistan

1. Sense of insecurity;
   A- Lahore incident on Easter
   B- Looting of temple in Larkana
2. Religious discrimination in educational institutions
3. Inadequate representation at national and provincial level
4. Economic deprivation
5. Abduction and forced conversion;
   A. Case of Sindh
6. Obstacles in election process;
   A. Absence of separate electorate
   B. Lack of popular support
7. Underprivileged non-Muslim women
8. False charges of blasphemy
9. Attack on religious places
10. Social marginalization

Way Forward to Secure Rights of Minorities in Pakistan

1. Implementation of Laws
2. Effective role Human Rights Commission of Pakistan (HRCP)
3. Media: Tool of change
4. Focus on education
5. Due right in reserved seats of national and provincial assemblies
6. Constructive changes in syllabus to bring interfaith harmony

Conclusion

Urbanization: Its Hazards and Way Forward

Introduction
1. Desirous human nature
2. Technological revolution
3. What is urbanization?

Factors Responsible for Urbanization in Pakistan
1. Attainment of better life style
2. Good health services
3. Acquisition of quality education
4. Ample economic opportunities

Hazards of Urbanization in Pakistan
1. Nightmare for governing bodies;
   - A- Haphazard colonies
   - B- Vulnerable law and order situation
2. Massive surge in urban crime;
   - A- Exposure to new criminal tactics
3. Solid waste management;
   - A- Sanitation and sewerage system
   - B- Complication in waste disposal
4. Threat to sustainability of infrastructure;
   - A- Over-burdening of institutions
   - B- Over-crowded smoky roads
5. Decline of agriculture sector;
   - A- Shift of arid labor force
   - B- Severe blow to economy
6. Environmental degradation;
   - A- Mass deforestation
   - B- Menace of global warming
7. Health issues and spread of diseases
8. Energy crises
9. Rise in religio-ethnic conflicts

Way Forward to Counter Hazards of Urbanization in Pakistan
1. Recruitment of professional town planners;
   - A- Example of New Zealand
2. Technological development in rural areas;
   - A- Production-oriented agricultural advancement
3. Proactive role of local government
4. Awareness through media;
   - A- Population control campaign
   - B- Productive debates

5. Utilization of modern technology;
   A- Remote sensing technology
6. Renovation of infrastructure in backward areas;
   A- Up gradation of health care units
   B- Enhancement of educational institutions

Conclusion

Critical Analysis of Foreign Policy of Pakistan

Introduction

1. Emergence of Pakistan as an independent country
2. What does mean by foreign policy?
3. Objective of foreign policy

Fundamentals of Foreign Policy of Pakistan

1. Protection of freedom and sovereignty
2. Cordial relation with Muslim countries
3. Non-interfrrence in internal affairs of other countries
4. Implementation of U.N charter
5. Promotion of world peace
6. Non-allignment
7. Support for Self-determination
8. Nuclear Non-proliferation)

Challenges in the way of Foreign Policy of Pakistan

1. Internal political stability
2. Poor economy
3. Non proliferation
4. Counter terrorism
5. Islamic militancy
6. Poor relation with neighbor
7. Alliance with big powers
8. Human right abuse

Opportunities to make Foreign Policy of Pakistan Result Oriented

1. Geographical location
2. Nuclear power
3. Role in war on terror
4. Status of GSP+
5. Abundant human resource

Way-forward Foreign Policy of Pakistan

1. Economic revival and sustainable development
2. Peaceful neighborhood
3. Visionary and Self-centric policy
4. Safeguard Pakistan security
5. Eliminate growing culture of extremism and violence

Conclusion

Democracy in Pakistan Hopes and Hurdles

Introduction

1. Evolution of various forms of governance
2. What does mean by democracy?
3. Co-relation between democracy and good governance

Key Characteristics of Real Democracy

1. Educated Masses
2. National Political Parties
3. Party Election
4. Independent and Powerful Election Commission
5. Frequent Election
6. Real Opposition
7. Active Civil Society
8. Responsible Media
9. Free and Wise Judiciary

Hurdles in the way of to the Democracy in Pakistan

1. Personalization of politics
2. Absence of meaningful electoral reforms
3. Mass illiteracy
4. Intervention by military
5. Unabated corruption
6. Deadlocks on ethnic and regional issues
7. Regional political parties

Hopes for Democracy in Pakistan

1. Successful transition of democratic governments
2. Positive legislation for empowerment of women
3. Defeat to regional political parties
4. Emergence of national political party
5. High treason redefined
6. Military becoming mature
7. Vibrant media and civil society

8. Dynamic role of social media
9. Improvement in education
10. A return towards local Government system

Conclusion

Features of True Democracy

Introduction
1. Emergence of civic life
2. Evolution of different forms of governance
3. What does mean by democracy?

Features of a True Democracy
1. Educated masses
2. Transparent, free and fair elections
3. Independent legislature, executive and judiciary
4. Provision of basic human rights
5. Devolution and decentralization of power
6. Rule of law
7. Strict accountability
8. Citizen's active rule
9. Legal egalitarian society
10. Political freedom and liberty
11. Free and independent media
12. Majority rule and minority rights
13. Exercising 3Cs of democracy: Coordination, Collaboration and Compromise

Conclusion

Has Democracy Failed to Deliver in Pakistan?

Introduction
1. Evolution of different forms of governance
2. Democracy and its key objectives

Characteristics of Real Democracy
Failure of Democracy to Deliver in Pakistan
1. Extreme poverty confirms the failure of democracy;
   i. 27 % of total population is living below poverty.
   ii. 48% citizens do not have access to clean water.
2. Absence of transparency and accountability manifests the reality of democracy in Pakistan.

3. Freedom of speech can never be denied in real democratic states: kidnapping and torture on civil society activists.
4. Rise in inflation
5. Prevalence of gender inequality shows the worth of democracy.
6. Restoration of democratic government has failed to build confidence of foreign direct investors: decrease in FDI.
7. Failed to ensure national integration: insurgency in Balochistan and FATA.
8. Failed to provide basic necessities of life;
   a. Food
   b. Shelter
   c. Education

Area Where Democracy Remains Successful

1. Political parties introduce devolution of power to ensure provision of basic necessities: 18th amendment.
2. NFC award 2010 a step by democratic government toward nation integration: division of resources on diverse formula
3. Freedom to press: emergence of social median and private channels.

Conclusion

Local Body Elections and Their Role for Good Governance

Introduction

1. Evolution of various forms of government
2. Meaning of good governance
3. Co-relation between local body elections and good governance

Local Body Elections of 2015

Role of Local Body Elections for Good Governance

1. Educate masses
2. Alleviate poverty
3. Decentralization of power
4. Maintain law and order
5. Provision of basic human rights
6. Strict accountability at every level
7. Ensue active participation of citizens
8. Make legal egalitarian society
9. Infuse political freedom and liberty
10. Quick service provision
11. Promotion of culture and sports

Conclusion

Democracy is a Worst form of Governance for Illiterate Nations

Introduction
1. Evolution of human society
2. Different forms of governance prevalent in the countries
3. What is democracy?

Principles of Real Democracy
1. Educated citizens
2. Free and fair elections
3. Freedom of speech
4. Rights of minorities
5. Accountable rulers

How Democracy is a Worst Form of Governance for Illiterate Nations
1. Election of incapable rulers, by illiterate people, who lack the skills to give in a country
2. Popularity of dynastic politics
3. Emergence of regional political parties
4. Lack of accountability for rulers due to illiterate citizens
5. Bad governance due to involvement of rulers in corruption
6. Rise of elected dictators
7. Persecution of minorities
8. Restrictions on freedom of speech
9. Gender discrimination
10. Creation of an education system to maintain the status quo and discourage revolutionary thinking

Way Forward to Eliminate Illiteracy
1. Increase resources for education sector
2. Reform the curricula
3. Build more schools

Conclusion

Crisis of Good Governance in Pakistan: Need for Reforms and Institution Building

Introduction
1. Tools acquired to control anarchy through time
2. Governance as a necessary steps towards development
3. What does it mean by good governance?

Prerequisites of Good Governance
1. Rule of law
2. Accountability of affairs

3. Equal distribution of resources and opportunities
4. Deliverance of public and private services
5. Decentralization of power
6. Efficient institutions
7. E-governance

Existing Crises of Governance in Pakistan
1. Absence of rule of law
2. Contradiction between state organs and national institutions
3. Rampant extremism, terrorism and security concerns
4. Domestic and international political pressure
5. Nepotism and institutional corruption
6. Rising unemployment, poverty and inflation
7. Degradation of social structures

Necessary Institutional Reforms to Restore Good Governance
1. Strong and independent parliament
2. Rule of law and prevention of institutional activism
3. Strengthening of security institutions
4. De-politicization of administration
5. Strict enforcement of law and accountability
6. Public-private partnership
7. Harmonious civil-military relations
8. Human resource building through training institutes
9. Planned urbanization and population controlling measures

Conclusion

Socio Economic Problems in Pakistan

Introduction
1. Emergence of civil life
2. Meaning of socio-economic Problems

Prevailing Socio-Economic Problems in Pakistan
1. Mass Poverty
2. Extensive Corruption
3. Exponentially increasing population
4. Lack of education
5. Religious conflicts and sectarianism
6. Poor law and order situation
7. Destructive terrorism
8. Unequal wealth distribution
9. Resource deprivation

Repercussions of these Socio-Economic Problems
1. Unemployment explosion
2. Health deterioration
3. Infrastructure damage
4. Escalation in crime rate
5. Feeling of fear and frustration
6. Economic deterioration

Recommendations to Minimize Socio-economic Issues
1. Quality education
2. Progress for poverty alleviation
3. Employment through industrialization
4. Proper law enforcement agencies
5. Strict check on religious seminaries
6. Infrastructure reconstruction

Conclusion

Critical Analysis of United Nations

Introduction
1. World War I and Failure of League of Nations
2. Establishment of United Nations
3. Current scenario

Achievements of United Nations
1. Prevention of a global war
2. Reduction in racial discrimination
3. Aid and rehabilitation of refugees
4. Establishment of democracy
5. Mitigation of adverse effects of disasters
6. Protection of women and children's rights
7. Eradication of deadly diseases
8. Development of third world countries
9. Strengthening of international law

Failures of United Nations
1. Non-resolution of regional issues -Kashmir and Palestine
2. Inability to implement policies or decisions: Kyoto protocol
3. Peace keeping delinquencies
4. Rampant pollution and global warming
5. Rise in terrorism – emergence of ISIS
6. Broadening of North-South gap: US Hegemony
7. Proliferation of nuclear weapons – Eight countries got nuclear weapons after 1945

8. Monopolization of security council

Conclusion

United Nations in 21st Century: Obligations and Limitations

Introduction

1. Era of globalization
2. Emergence of United Nations

Obligations of United Nations in 21st Century

1. Ensuring international peace
2. Bridging the North-South divide
3. Settlement of regional conflicts/issues
4. Disarmament and non-proliferation
5. Mitigation of climate change
6. Development of third world countries
7. Improvement of health standards
8. Establishment of rule of law
9. Universal equality in treatment
10. Protection of minorities

Limitations of United Nations in 21st Century

1. Inadequate funding
2. Structural inadequacies
3. Corruption and incompetence
4. State sovereignty issues
5. Inability to enforce policies/decisions
6. Hegemonic nature of current world order
7. Non-familiarity with regional/cultural/religious sensitivities

Conclusion

Status of Women in Islam

Introduction

1. Human beings - a supreme creature
2. What is the status of women in Islam?

Status of Women in Islam

1. Equality in the biological creation of men and women
2. Vicegerents of Allah
3. Spiritual equality
4. Freedom of choice
5. Make a living

6. Own property
7. Right to inheritance
8. Acquisition of education
9. Privilege of franchise
10. Nomination for public offices
11. Dignified status of mother
12. Head of the family
13. Maker of society
14. Right to divorce
15. Ambassador of family

Status of Women in West
Status of Women in Other Civilizations

Conclusion

Status of Women Empowerment in Pakistan

Introduction

1. Human beings - a supreme creature
2. Equality among men a men, still a dream

Current Status of Women in Pakistan
Efforts by Government of Pakistan for Women Empowerment

1. Constitution grants equal
2. Inheritance assured under laws
3. Separate educational institutions established
4. Allocation of quotas in jobs and representative bodies
5. Adverse provisions of Hudood Laws repealed
6. Legislative initiatives on barbaric anti women customs
7. Laws on harassment and cyber crimes formulated
8. Introduction of First Women Bank
9. Encouragement in sports
10. Promotion of women participation in international forums
11. BISP initiatives

Hurdles in the way of Real Empowerment of Women in Pakistan

1. Inheritance practically denied
2. Gender based violence still unabated
3. Political participation is not meaningful
4. Poor attention towards health and education of women

Suggestions for Women Empowerment

1. Implementation of laws in letter and spirit.
2. Need to focus on educational attainment and health of the women

3. Political participation should be made meaningful
4. Create awareness in the society for the cause of women empowerment

Conclusion

Is Gender Equality a Myth?

Introduction
1. Evolution of civic life
2. What does mean by gender equality?

Gender Equality is a Myth
1. Male dominance in societies manifests the reality of gender inequality
2. Cultural attachment
3. Orthodox religious practices
4. Conservative social norms
5. Economic dependence of women
6. Limited political participation by women
7. Limited job opportunities all over the world
8. Plato called women, property of state
9. Frailty thy name is woman

How Gender Equality is a Fact
1. Women equality in West
2. Article 25 (2) Constitution of Pakistan 1973 ensures equality
3. Biological equality of men and female

Conclusion

Education in Pakistan: Hurdles and Solutions

Introduction
1. Essential for prosperity and stability
2. Make vision
3. Infuse objectivity
4. Establish national integration

Hurdles in the Education System of Pakistan
1. Lack of uniformity in education
2. Out of school children
3. Poor quality of education
4. Ignored skill based education
5. Higher dropout at primary level
6. Adult illiteracy

7. Hostile socio-political environment
8. Negligible enrollment at higher education
9. Less importance to education
10. Apathetical role of government
11. Population explosion
12. Lack of resources
13. Ineffective educational infrastructure
14. Dogmatic curriculum
15. Faulty examination system
16. Untrained teachers

Effects due to Poor Education System of Pakistan

1. Absence of culture of innovation and research
2. Unemployment explosion
3. Economic deterioration
4. Mass Poverty
5. Political polarization
6. Visible bad governance
7. Corruption at every level
8. Lack of tolerance

Measurements to Improve Educating System of Pakistan

1. Decrease out of school children
2. Bring uniformity in education standards
3. Improve the quality of education
4. Enhance access to and relevance of skills training
5. Better infrastructure
6. Friendly environment
7. Teacher, students and parents triangle
8. Constructive syllabus
9. Uniform system of examination
10. Efficient teachers

Conclusion

Coeducation Merits and Demerits

Introduction

1. Human beings, a blessed creature
2. Education is a need for the society
3. What does it mean by coeducation?

Merits of Coeducation
1. Less resources required
2. Better preparation for professional life
3. Enhance confidence
4. Knowledge sharing on a broader scale
5. Equal standard of education
6. Minimize gender discrimination
7. Sharing of opinions and ideas
8. Tolerant society
9. Less gender based violence
10. More responsible and capable population

Demerits of Coeducation
1. Over-protective parents may forbid girls to attend schools
2. Restrictive culture in several provinces
3. May lead to un-ethical activities
4. Development of pretense
5. Attention from study diverted

Conclusion

Critical Analysis of Multidimensional Education Systems in Pakistan

Introduction
1. Essential for prosperity and stability
2. Make vision
3. Infuse objectivity
4. Establish national integration

Multidimensional Education Systems in Pakistan: Government, Private and Madarsaas
Strengths of Private Education System
1. Higher Student to Faculty Ratio
2. Higher Salary Attracts more Competent Educators
3. Higher Collaboration with Private Corporations
4. Flexible and Expansive Work Hours
5. More Competition Amongst Private Institutions
6. More focus on extra-curricular activities
7. Higher Quality of Research

Weaknesses Private Education System
1. Range of students that can benefit is low
2. Varying Examination systems : Ed-excel , Cambridge , London Board
3. Paucity of institutes in rural areas

Strengths of Public Education Systems

1. Responsibility of government under constitution
2. Schools even in rural areas
3. Affordable education
4. More need based scholarships

Weaknesses Public Education Systems

1. Apathetical role of government
2. Burgeoning population results in
3. Lack of resources
4. Ineffective educational infrastructure
5. Variations in Curriculum
6. Examination system non reliable

Strengths of Madrassa System

1. Numerous institutes spread across the country
2. Free education
3. Provision of food as well as accommodation
4. Religious learning

Weaknesses Madrassa System

1. No regulation of curriculum
2. Basic level education with a narrow focus
3. Different Madrassa propagate different ideologies
4. Deprived from modern education
5. No defined career path

Suggestions to Reform Education System in Pakistan

1. Uniform system of examination
2. Fixing a minimum salary standard for teachers
3. Setting a limit on Fees the Private Institutes can charge
4. Strengthening education councils
5. Registering madrassas
6. Modern education system for madrassa students

Conclusion

Education in Pakistan has Failed to Produce Efficient Human Resource

Introduction

1. Significance of education in a society
2. Education considered as a path of sustainable economic development
3. Failure of education sector in Pakistan to produce efficient human resource

Evidences of Failure of Education System to Produce Efficient Human Resource

1. Absence of culture of innovation and research
2. Poor economic growth
3. Dearth of technical human resource
4. Unemployment explosion
5. Economic deterioration
6. Mass Poverty
7. Political polarization
8. Visible bad governance
9. Corruption at every level
10. Lack of tolerance

Reasons of Failures to Provide Resourceful Manpower

1. Poor quality of education system
a. Acute shortage of teachers
b. Absence of quality laboratories
2. Absence of research work in tertiary education
3. Defective curricula
a. Focus on memorization, instead of learning
b. Irrelevance of curricula with the practical workings of society
4. Lack of provision of quality technical education or vocational institutes
5. Extremely low level of public investment
6. Politicization of university campuses
7. Dual medium of instruction at secondary level

National or International Recent Initiatives to Improve Educational Standards

1. Redefinition of article 25A
2. Education for all plan
3. Focus on Millennium Development Goals
a. Attainment of universal primary education
4. National Educational Policies
a. National Education Policy Framework 2018
b. Vision 2025
c. Compulsory teachers training
d. Joint Declaration on education 2011
e. Introduction of Danish school system in Punjab

Policy Suggestion to Provide Efficient Human Resource

1. Increase in public investment in education sector
2. Public-private partnership
a. Cooperation of Business community, NGO's and civil society with government to improve quality and relevance of education
3. Provision of free technical education
4. Recognition of importance of social sciences in universities

5. Introduction of updated and relevant curricula
6. Encouragement of research work in university campuses through economic incentives
7. Provision of quality laboratories
8. Need to improve quality of teaching through frequent Teacher's training programmes
9. Provision of scholarships at tertiary level education to the needy
10. Formation of international level quality universities to avoid brain-drain
11. Formation of vocational institutes in all the rural urban areas alike
12. Improve service delivery through political commitment
13. Lay emphasis on diversification from general to tertiary education

Conclusion

Privatizing Higher Education- Generating Knowledge or Making more Money for the Opulent

Introduction
1. Evolution of civic life
2. What is higher education?
3. What does it mean by privatizing higher education?

Privatizing Higher Education Generates More Knowledge
1. Quality research work
2. State of the art facilities
3. Higher faculty to student ratio
4. Higher Salary attracts more competent Educators
5. Higher collaboration with private corporations
6. More competition amongst private institutions ensure quality knowledge
7. More focus on extra-curricular activities

How Privatizing Higher Education is not Making Money
1. Institute running cost is high
2. Scholarships programme
3. Dearth of funding from government
4. Relatively low student enrollment in the start

How Private Institutions can be Made more Knowledge Oriented
1. Regulation of Curriculum and Syllabus
2. Setting a minimum salary standard
3. Setting a Limit on Fees the Institutes can charge
4. Strengthening education councils

Conclusion

Higher Education, an Agent of Change

Introduction

1. Evolution of human societies
2. Role of education for prosperity and development
3. What is higher education?

Key Features of Change

How Higher Education acts an Agent of Change

1. Results in inventions and discoveries: scientific advancements
2. Creates consciousness among citizens
3. Plays important role in challenging dogmas in society
4. Improve labor efficiency and GDP growth
5. Educational institutions act as a think tank.
6. Produces opinion leaders like Karl Marx
7. Emergence of USA as superpower owes everything to higher education
8. Accountability has direct link with Higher education: Study of South Korea and Ireland
9. Change in Pakistan absent due to lack of attention towards Higher education

Conclusion

Sustainable Flow of Water is Essential for Economic Growth of Pakistan

Introduction

1. Water is a natural and indispensable gift for survival
2. Water availability in Pakistan: 147 MAF
3. Current situation in Pakistan

Why Water is so Essential for Pakistan's Economic Growth

1. Agriculture contributes 60% share in employment
2. Provide food to 200 m population,
3. 24% agricultural related exports
4. Production of cheap electricity: Potential is 1,10,000 MW, installed capacity is 12,000 MW and actual average production is only 5,600 MW as per Water Policy 2018
5. Maintain certain level of underground water level
6. Protect main land from sea encroachment in coastal area
7. Convert desert into fertile agro land- 34% of total land is available for cultivation
8. Reduce the cost on agro product up to 30%
9. Secure underground water from salinity

Causes of Water Crisis in Pakistan

1. Inefficient use of water
2. Changing weather pattern
3. Indian invasions on Pakistan water resources
4. Poor management of existing resources
5. Sedimentation of existing reservoirs
6. Limited capacity of storage
7. Poor lining of water channels
8. Population explosion

Measures to Solve Water Crisis in Pakistan

1. Comprehensive management of water
2. Renovation of existing infrastructure
3. Implementation of Indus-water basin treaty in letter and spirit
4. Rising the level of dams
5. Augmentation of existing resources
6. IRSA should be made an effective institution
7. Construction of macro and mini dams
8. Implementation of modern irrigation techniques: drip and sprinkle

Conclusion

Water Crisis and National Integration

Introduction

1. Emergence of Pakistan as an integrated country
2. The concept of national unity
3. Water is a natural and indispensable gift for survival

Current situation of Water availability in Pakistan: 147 MAF

Impacts of Water Crisis on National Integration

1. Inter-provincial disharmony
2. Emergence of regional political parties
3. Conflicts over construction of new water reservoirs
4. Ever decreasing agriculture output leads to economic disparity among provinces and regions
5. Time and again floods and drought force migration that bring ethnic issues
6. Severe shortage of agriculture and portable water in some areas weakens nationalism
7. Encroachment of coastal areas leads to migration which brings many socio-economic issues
8. Unemployment promotes anti state elements
9. Industrial backwardness in water stressed areas enhances national disintegration
10. Rising provincial prejudices among the public
11. Increasing electricity shortages
12. Rising poverty and malnutrition

Causes of Water Crisis in Pakistan

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Measures to Solve Water Crisis in Pakistan

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8. IRSA should be made on effective institution. (Indus River System Authority)
9. Construction of macro and mini dams
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Conclusion

Energy Crisis in Pakistan

Introduction

1. Global energy crisis
2. Energy a life line for survival of life
3. Current scenario of Energy Sector of Pakistan

Causes of Energy Crisis in Pakistan

1. Increase in population
2. Expensive power production cost
3. Circular debt
4. Industrial development at large scale
5. Ineffective power distribution system
6. Energy theft
7. Mismanagement at different levels;

i. Minimum usage of renewable sources/alternative sources
ii. Political and bureaucratic interference

Consequences of Energy Crisis

1. Economic stress
2. Low agriculture productivity
3. Declining Industrial growth
4. Upraise of Socio-Economic evils
5. Generation of a gap between the developed and developing nations
6. Mass unemployment
7. Health of people
8. Ever increasing poverty
9. Social issues

Recommendations to Address Energy Crisis in Pakistan

1. Power conservation strategies
a. Public awareness and cooperation
b. b. Smart energy utilization
2. Traffic control method
3. Maximum solar energy usage
4. Construction of more dams
5. Installments of windmills to produce wind energy
6. Introduction of modern technologies
7. Creating awareness among the masses
8. Introduction of grid-tie and net metering systems

Conclusion

Socio Economic Problems in Pakistan

Introduction

1. Emergence of civil life
2. Meaning of socio-economic problems

Prevailing Socio-Economic Problems in Pakistan

1. Mass Poverty
2. Extensive Corruption
3. Exponentially increasing population
4. Lack of education
5. Religious conflicts and sectarianism
6. Poor law and order situation
7. Destructive terrorism
8. Unequal wealth distribution
9. Resource deprivation

Repercussions of these Socio-Economic Problems

1. Unemployment explosion

2. Health deterioration
3. Infrastructure damage
4. Escalation in crime rate
5. Feeling of fear and frustration
6. Economic deterioration

Recommendations to Address Socio-economic Problems of Pakistan
1. Quality education
2. Progress for poverty alleviation
3. Employment through industrialization
4. Proper law enforcement agencies
5. Strict check on religious seminaries
6. Infrastructure reconstruction

Conclusion

Post Modern Ethos, a Challenge to the West

Introduction
1. Evolution of civic life
2. Impacts of Industrial Revolution on Western's society

Post Modern Ethics
1. Deconstruction of traditional ethics
2. Moral relativism
3. No absolute good or bad
4. Capitalist exploitation deemed as good
5. Globalization against nationalism
6. Involvement in cybercrimes, cheating and fraud
7. Religion becoming irrelevant

How Post Modern Ethics a Challenge to the West
1. Rising Fascism in the West- a reaction against multiculturalism
2. Violence against immigrants on a rise
3. Moral Relativism
4. Justification of Gruesome Acts like War and Aggression
5. White man's burden: the West's claim of ethical superiority
6. Rising Promiscuity and the death of Traditional Family Structure
7. Celebrating diversity or butchering it in the name of Free Speech?
8. Resulting Clash of cultures
9. Culture of exploitation
10. Value claim of Free Market Economy and the resulting global crunch

Conclusion

World a Global Village: Learning to Live Together

Introduction
1. Evolution of civilization
2. What does mean by global village?

Key Characteristics of Global Village
1. Global connectivity
2. Advance and efficient mode of transportation
3. Highly efficient communication networks
4. E-banking and e-marketing does not require physically interaction
5. Global and regional cooperation

Global Village Helps to Live Together
1. Helps to adopt good practices for prosperity and betterment of human beings
2. Promotes interfaith harmony
3. Brings peace among different civilizations and communities
4. Assists to identify conflicts at different levels
5. Ensures dialogue to promote peace
6. Encourages cultural diffusion
7. Guards individuals' respect and states' sovereignty

Conclusion

Image of Islam in West

Introduction
1. Islam is a complete code of life
2. Islam is a religion of peace

Current Image of Islam
1. Islam being portrait a religion of terrorism in west
2. Muslim as extremists/fundamentalists
3. Islam being a religion against emancipation and liberation of women
4. Sectarianism

Causes of Poor Image of Islam
1. Negative behavior of Muslims
2. Misinterpretation of Islam
3. Waywardness from true teaching of Islam

4. Lack of unity among Muslims
5. Lack of positive propagation of Islam
6. Lagging behind in science and technology
7. Lack of effective Muslim organizations
8. Western media propagation

Strategies to Improve Image of Islam

1. Effective propagation of Islamic true principles
2. Positive behavior
3. Bridging gap between theory and practice of Islam
4. Effective role of religious scholars
5. Unity among Muslims
6. Interfaith dialogues
7. Effective Muslim organizations
8. Promotion of science and technology

Conclusion

Islam is the Religion of Peace

Introduction

1. Peace is a natural state which attracts each and every individual
2. Meaning of Islam
3. Islam is the religion of peace

Islam is the Religion of Peace Evidences from Islamic History

1. Cohabitation with non-Muslims
2. Used war as a last resort
3. Muslim laws of war and prisoners
4. Protection of human rights
5. Promotes interfaith harmony

Misperception about Islam

1. Islam phobia on the rise
2. Terrorist attacks in the name of Islam
3. Islam perceived as against human rights
4. Islam associated with violent Jihad

Causes of Misperceptions about Islam

1. Misinterpretation of Islam
2. Sectarian clashes
3. Propaganda by Western media

How to Remove These Misperceptions about Islam

1. Mass awareness
2. Propagating true values of Islam
3. Strengthening Muslim organizations: OIC

Conclusion

Corruption is the Mother of all Evils in our Society

Introduction

1. Evolution of civic life
2. Role of accountability for development and progress
3. What does mean by corruption?

Key Causes of Corruption

How Corruption is the Mother of all Evils

1. Increases in crime rate
2. Promotes unemployment
3. Deprives talented people from their right Infuses provincial and ethnic rift
4. Promotes clashes among institutions
5. Restricts economic growth
6. Enhances lawlessness in a society

Solutions to Minimize Corruption

1. Quality education
2. Accountability at all level
3. Strong accountability mechanism
4. Mass awareness
5. Visionary leadership

Conclusion

Accountability Reduces Corruption and This Leads to Progress and Development

Introduction

1. Evolution of civic societies
2. Corruption is a mother of all evils
3. Absolute power corrupts absolutely

Overview of the Concept of Accountability

How Accountability Reduces Corruption

1. Direct punishment are awarded
2. Creates deterrence for future
3. Transparency in society emerges

How Accountability Leads to Progress and Development

1. People get access to opportunities.
2. Sincere leadership emerges with a vision
3. Democracy is strengthened
4. Global image improves: Better trade relations
5. Investor confidence boasts: Inflow of FDI and capital flight stops
6. Public sector delivery improves.
7. GDP growth takes place.
8. Lavish Expenditures are controlled
9. Tax evasion ends: Debt trap breaks

Accountability Lead to Prosperity: Examples from the Western World
Lack of Accountability Causes Backwardness: Case of Pakistan
How to Promote Accountability Culture

1. Impartial Judiciary
2. Consciousness in Public through education
3. Active role of media
4. Role of civil society

Conclusion

Threats of Global Warning and Ways to Counter it

Introduction

1. Emergence of Industrial Revolution
2. What is global warming?
3. A real threat for life existent

Causes of Global Warning

1. Concentration of carbon dioxide, methane, nitrogen oxide and sulfur dioxide
2. Excessive use of insecticide, lubricants and fertilizers
3. Nuclear radiation
4. Deforestation
5. Burning of fossils fuel
6. Chlorofluoro carbon and depletion of ozone layer
7. Explosion of population

Threats due to Global Warning

1. Severe floods
2. Melting of polar ice, glaciers and ice-sheet of green land
3. Rising of sea level
4. Catastrophic rains
5. Severe hurricanes
6. Frequent natural disaster
7. Disaster impact on marine life

8. Encroachment of coastal areas
9. Ozone depletion
10. Species disappear
11. Mass migration of people
12. Loss in economy
13. Loss of biodiversity
14. Increase in range of diseases
15. Decline in agriculture production

Measurements to Counter Global Warning

1. Mass level of plantation
2. Use of renewable energy
3. Energy conservation
4. Reduction of greenhouse gases
5. Saline resistance crops
6. Cyclone shelter
7. Building of coastal
8. Application of cc5 technology
9. Forest planning
10. Technology transfer

Conclusion

Global Warning and our Preparation to Counter it

Introduction

1. Evolution of civic societies
2. What is global warming?
3. A real threat for life
4. Fiction or fact

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Pakistan Preparation to Counter it
1. Formulation of Water Policy 2018
2. Paris Agreement Rectification
3. National Climate Change Policy
4. National Climate Change Bill 2016
5. Green Pakistan move
6. Use of renewable energy resources
7. Introduction of new verities of seeds by PARC
8. Participation in International Forums
9. Population Control

Global Initiatives to Counter It
1. Mass awareness campaign
2. Introduction of carbon credit
3. Efforts for consensus building
4. Earth Summit 1992
5. Convention on Climate Chang 1994
6. Kyoto Protocol 1997
7. Doha Amendment to Kyoto Protocol 2012
8. Paris Agreement 2016

Conclusion

Climate Change and Our Preparation to Counter It

Introduction
1. Emergence of Industrial Revolution
2. What is climate change?
3. A real threat for life existent

Evidences of Climate Change
1. Severe shortage of rains
2. Change in weather pattern
3. Unprecedented smog
4. Melting of polar ice, glaciers and ice-sheet of green land

5. Rising of sea level
6. Severe hurricanes
7. Frequent natural disaster
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8. Forest planning
9. Technology transfer

Conclusion

Functions of Media

Introduction

1. Evolution of human societies
2. Media, a fourth pillar of a state
3. What do media mean?

Functions of Media

1. Mass awareness
2. Strengthen democracy
3. Promotion of tolerance and understanding
4. Attract the attention of policy makers
5. Political analysis
6. Economic debate
7. Religious Clarification
8. Strengthen Relations with Other Countries
9. Entertainment

Challenges Faced by Media in Pakistan

1. Competition for breaking news
2. Spreading misinformation
3. Propaganda and sensationalism
4. Religious sectarianism and extremism
5. Exaggerated reporting
6. Influence of powerful groups
7. Portraying false image of state

Conclusion

There should be some Limitation on Free Media in Pakistan

Introduction

1. Evolution of human societies
2. Media, a fourth pillar of a state
3. What do media mean?

Key Functions of Media in Modern era

Why There should be Restriction on Free Media

1. Protect ideology of Pakistan

2. Promote glory of Islam
3. Control media hype
4. Provide filtered information
5. Avoid any partisanship
6. Functions within the parameters of social responsibility
7. Protect the rights and reputations
8. Avoid unnecessary provocation
9. Bring inter faith harmony

Recommendations to Ensure Real Role of Media

a. Lynchpin of democracy
1. Impartial reporting
2. Function as a fourth pillar of state
3. Professional judgments and editorial control of reporting
4. Quality journalism
5. Watchdog of government affairs

Conclusion

Role of Social Media for Good Governance

Introduction

1. The era of globalization and scientific advancement
2. Emergence of social media
3. Social media vis-à-vis good governance

Role of Social Media for Good Governance

1. Opening a platform for public participation
2. Quick feedback
3. Bring positive competition among institutions and individuals
4. Ensure transparency
5. Role of social media in extending foreign policy for good governance
6. Gain political support
7. Keep a check to promote human rights t
8. Eradicate social evils by highlighting them through social media for good governance
9. Maintain rule of law which is an essential for good governance
10. Allow freedom of speech to correct bad governance
11. Maintain positive image of the executive through social media to promote good governance

Role of social media for good governance as highlighted under UNESCO

Conclusion

Terrorism in Pakistan: Causes and Solutions

Introduction

1. Emergence of conflicts a natural phenomenon
2. What is terrorism?
3. Objectives of terrorism

Causes of Terrorism in Pakistan

1. Mass injustice
2. Foreign invasion
3. Misinterpretation of religion
4. Fragile institution
5. Political instability
6. Mass Illiteracy
7. Ever increasing poverty
8. Ethnic difference
9. Unresolved disputes in the world
10. Clash of civilizations

Consequences of Terrorism in Pakistan

1. Insecurity and uncertainty
2. Mass destruction
3. Lawlessness
4. Economic instability
5. Poor image among other nations
6. Isolation at international level
7. Psychological effects
8. Less cultural and literacy activities
9. Political vacuum
10. Displacement of people

Way forward to Eradicate Terrorism from Pakistan

1. Mass education
2. Provision of dispassionate justice
3. Use of dialogue instead of force
4. Positive role of religious scholars
5. Uniform economic development
6. Constructive role of media
7. Effective role of international organizations
8. Rule of law
9. Political stability
10. Effective system of command and control
11. Resolution of international outstanding issues
12. Reforms in public and Madrassah education system

13. Teaching of religion tolerance

Conclusion

We can Kill Terrorists, not Terrorism

Introduction
1. Rise in terrorist attacks since the initiation of war on terror
2. Meaning of terrorism
3. Difference between ideological and physical battles

Why Terrorism cannot be Killed despite Killing Terrorist
1. Terrorism in not a physical enemy or entity that can solely be defeated by force
2. Killing terrorists increases the number of terrorists
3. The roots of religious terrorism lie in the most powerful source
4. Extremist ideology directly appeals to the mind and soul for impressionable individual
5. Illiteracy, mass poverty and unemployment promote terrorism
6. Terrorism is result of brainwashing
7. Unrestricted access to social media brings terrorism
8. Terrorism in some cases is result of injustices, excesses, oppression and persecution: Kashmir and Pakistan

Steps to Kill Terrorism along with Terrorists
1. Correct and contextual interpretation of violence inciting verses
2. Streaming of religious simonies by introducing modern education in them
3. Deradicalization programmes for brainwashed terrorists
4. Ensure socio-economic justice
5. Censorship of social media

Conclusion

War on Terror has Contributed to Growing Human Right Abuse

Introduction
1. Occurrence of a conflict a natural phenomenon
2. What does mean by war on terror?
3. Short history of war on terror

Basic Human Rights

Basic Human Rights Human Rights Abuse due to War on Terror
1. Mass level of killing
2. Arbitrary detention
3. Extraordinary rendition
4. Harassment of women and children
5. Unauthorized search

6. Repressive laws
7. Right of expression denied
8. Huge displacement
9. Right of education denied
10. Restriction on movement

Role of Civil Society to Protect Human Rights
Solutions to Protect Human Rights during War on Terror

Conclusion

Status of National Integration in Pakistan

Introduction
1. Emergence of Pakistan, as integrated country
2. What is national integration?
3. Essentials of national integration

Causes of National Disintegration
1. Absence of economic and social justice
2. Extreme political polarization
3. Continuation of old system of feudalism
4. Prolonged dictatorship
5. Dearth of visionary leadership
6. Provincialism and ethnicity
7. Mass poverty
8. Delay in constitution making
9. Acute economic backwardness: Debt and trade deficit
10. Corruption and bad governance
11. Interference of foreign powers
12. Culture of violence

Impacts of Fable National Integration
1. Chaos and anarchy
2. Inter-provincial rift
3. Foreign debt and trade deficit
4. Mass Illiteracy
5. Lack of justice
6. Weak institutions
7. Bad-governance
8. Deprivation of rights

Measures to Improve National Integration
1. Dispensation of social justice
2. Uniformity in educational syllabus and universal education

3. Egalitarian economic development throughout the country
4. Elimination of poverty
5. Vigorous institutions
6. Political stability
7. Abolition of feudalism
8. Emergence of sincere leadership
9. Language strategy
10. Good governance and accountability

Conclusion

Disaster Management and Government Preparations

Introduction
1. What is natural disaster?
2. Vulnerability of Pakistan to natural disaster
3. Types of natural disaster in Pakistan

Causes of Natural Disaster
1. Climate change
2. Poor drainage system
3. Earlier arrival of monsoon rain
4. Deforestation
5. Encroachment of river drainage area
6. Fragile embankment structure
7. Mismanagement
8. Global warming
9. Eruption of volcanoes
10. Destruction of tectonic plates

Existing Structure of Natural Disaster Management
1. Pakistan is not fully prepared
2. Natural disaster management is the only institution

Why does Pakistan fail to Counter Natural Disaster?
1. Ineffective institutions
2. Feeble structure
3. Lack of training
4. Limited skilled human resources
5. Under funding
6. Absence of technology and machinery
7. Bad Governance
8. Absence of accountability

Impacts of Natural Disaster Mismanagement

1. Mass destruction
2. Huge displacement
3. Scarcity of food items
4. Economic constraints
5. Emergence of social issues
6. Immense damage to cash crops
7. Abruption of fatal diseases
8. Psychological fear

Measurements to Improve Disaster Mismanagement

1. Efficient administration
2. Proactive disaster management organizations
3. Productive drainage system
4. Development of human resources
5. Enhancement in water storage capacity
6. Availability of modern technology and machinery
7. Building the capacity of mass rehabilitation
8. Sufficient allocation of funds
9. Accountability and good governance

Conclusion

Man is Born Free but Everywhere He is in Chains

1. Introduction
2. A statement of Rousseau
3. By nature man is born free, but civil society restricts his freedom
4. In the state of freedom, man develops his physical, mental, and moral personality to the maximum extent
5. Being free of worries like the state, marriage, and family, man can lead a pure and moral life.
6. Civic life, a set of do's and don'ts, is based on artificial manners and sophistication.
7. Competition among the members of modern societies is the cause of all evils like greed, hypocrisy, lust of power, murders, and injustices.
8. J.S.Mill also supports the idea that civic life do not let a man's personality groom properly.
9. The Hippie movement in Europe is also based on Rousseau's slogan: "Back to the nature."
10. All this is but Utopian. Islamic concept of social life, true Muslim is one from whose hands and tongue other Muslims feel themselves secure, is ideal one for whole humanity.
11. Conclusion

We Live in Deeds, Not in Years

1. Introduction
2. Actual life does not lie years and happiness, but it is our deeds which make us immortal.
3. We judge great men of the history not by how longer they lived, rather we see how much they

influences the world, and quality of their work.

4. Our Holy Prophet (PBUH) live just for 63 years, he and his religion are still alive.
5. Alexander and the Great English poet Keats died prematurely, but their lives crowded with glories which millions of men who had live long could not achieved.
6. The same is true for our day-to-day activities. We praise and like only that person whose quality of work is excellent.
7. All will die, whether after a century or just tomorrow. What therefore, matter is not longevity but making memorable every moment over which a life extends.
8. Conclusion

A Clear Conscience is a Soft Pillow

1. Introduction
2. A conscience free from any sense of guilt is the only source of truly comfortable and pleasurable life.
3. Freedom from worries and cares is very conducive to peaceful sleep. He who is haunted by evil thoughts anxieties over misdeeds done or to be done will never enjoy sound sleep.
4. The surest way to keep the mind free from such emotional disturbances is to process a clean conscience.
5. A man who does not think ill of others or do wrong to others has a good conscience, having no enemies, no worries of legal action or social disgrace.
6. 'Aulia Allah' are the best example.
7. Conclusion

A Little Knowledge is a Dangerous Thing

1. Introduction
2. We live in the age of superficiality, and the methods of showing that one is learned are interesting.
3. This pretence of profound learning is the pitfall into which the journalist in particular always falls.
4. Factors behind superficial knowledge of our times: seeking knowledge for prosperity, selling intellect.
5. "He wasted his money on books, what good are they to him. He is carpenter, not a school master."
6. Certain theories and dogmas have diverted men and women from the pursuit of knowledge. Religious orthodoxy concentrates on body, and souls and ignores mind altogether.
7. St. Basil: "It is a matter of no interest for us whether the earth is a sphere, or a cylinder, or a disk."
8. Suicide bombers.
9. In fact sane men understand that they cannot know everything. Newton, who knew so much, thought humbly that he was like a little child picking up pebbles on the shore, while the vast ocean of knowledge lay unexplored before him.
10. Other desires become the ocean of pain through dearth of the material to gratify them, but the desire of knowledge is inexhaustible, and however long we read we shall never come to the end of our story book.

11. Conclusion

The World does not Progress, it Merely Changes

1. Introduction
2. Originality and fertility in all spheres of human activity, art, literature, science, culture and civilization.
3. Golden age is taken as synonyms of ideal happiness, comforts and glory.
4. Those who look for golden age in future believe that the past was good, the present is better and the best ids vet to be.
5. In 20th century many philosophers and scientists Dean Inga, Badly Proud, Bertrand Russell, and Louis Fischer have disapproved the idea of progress.
6. Yet the idea of progress cannot be dismissed altogether. To do so would be to ignore the basic trend of man's spiritual history and to deny hope for the future.
7. That mankind has progressed in several ways and the present is an advance on the past is undoubtedly true, though it may not be true that the course of progress has been steady and unbroken.
8. The path of progress has been rather zigzag and even freakish to some extent. But the history is the witness that man's spirit of progress could never have been destroyed completely. So, let us be optimistic and look forward to a better future.
9. Conclusion

Ambition is the Grand Enemy of all Peace

1. Introduction
2. Ambition, lack of contentment, is indeed grand enemy of all peace but also of all happiness.
3. The whole scientific, social and cultural progress of the world is no doubt due the ambition of great men.
4. Ambition and peace are irreconcilable.
5. A modern businessman never feels satisfaction with only reaching a mark destination and always strives for more and more.
6. Columbus discovered America due to his ambition.
7. US, the only police man of the whole world.
8. Fall of USSR result of its unrealistic ambitions.
9. Ambition having run amiss is capable of doing immeasurable harm. The sooner the humanity gets rid of it the better.
10. Islam wants moderation in every aspect of life.
11. English proverb, "Call no man happy until he is dead."
12. Robert Browning, "God is in his Heaven. All the right with the world."
13. Conclusion

It is Better to Reign in Hell than to Serve in Heaven/True Spirit of Freedom

1. Introduction
2. Taken from Milton's Paradise Lost.

3. The ideal of freedom makes that human mind is at once universal eternal.
4. Hegel: The history of the world is "none other than the progress of consciousness of freedom.
5. Academic freedom necessary for higher education.
6. Free media is the last means of defending of the security of the country.
7. Freedom of enterprise is necessary for the commercial and industrial growth of the country.
8. Franklin, an eminent English Politician, "Liberty is order. Liberty is strength."
9. Wrong concept of liberty through French Revolution, "I can do as I like."
10. Robert Hutchins defines actual freedom, "Freedom must be something more than a vacant stare. It must be something better than the absence of restraint or the absence of things we do not like."
11. The liberty should be based upon the ideals of truth, beauty and goodness.
12. Cowper: "He is the free man whom the truth makes free and all are slaves beside."
13. Conclusion

Education Breeds Discontent and Discontent Tends to Make People Unhappy. Thus the Spread of Education is Dis-Service to Nation

1. Introduction
2. The great object of education is to eliminate brute and develop the real man.
3. The youth who starts out his education with a view to make a fortune trampling under his feet the permanent values ruins his ego.
4. On contrary, the youth who is blind with grasping passion to get and to hold and to give nothing in return kills his soul.
5. The mind that is being constantly trained in shrewdness, sharpness, sagacity, and cunning develops only brute qualities.
6. In fact, the supreme object of the education is to develop man along the line of his noblest nature development of broad minded and balanced personality.
7. Man is not brute. To draw in and blow out the breath, and to eat and drink is not living.
8. The education which breeds discontent is a poison to mankind, making man an evil-genius.
9. The education which breeds nothing but slaves to passions is dis-service to nation. Such education must be banned because it strangles man's dormant possibilities.
10. Conclusion

It is Better to have Loved and Lost than Never to have Loved at all

1. Introduction
2. Experience is essential. People who are childishly innocent tend to petty, and narrow and jealous.
3. You must be like the man who has suffered, who knows who has built.
4. Experience means personal awareness of all phases of life. It includes in itself sleeping in the arms of the beloved, it also means seeing her sleeping in the arms of another, and continuing to love.
5. Sorrow and happiness go hand in hand. Life is incomplete if it lacks one.
6. He who loved much will be loved in return.
7. Love course never runs smooth.

8. It is folly to be not willing to sacrifice a little comfort and happiness.
9. The great man does not give way to heart however dark the prospects may be.
10. The youth who is bound to win may see difficulties, but he is not afraid of them. He knows perfectly well that undaunted pluck can annihilate them. To his determination they do not exist.
11. Conclusion

Liberty Must be Limited in Order to be Enjoyed

1. Introduction
2. Absolute liberty is neither possible not affordable for any society.
3. How could we have a school or a factory in which the pupils or the workers are entirely free?
4. Men live in a society and when they come together, there must be discipline.
5. In a society, there must be government, law and its enforcement.
6. We must not give loose reins to our feelings. We must master our thoughts, bring reason to them.
7. Conclusion to feelings and passions is never sinning and repenting.
8. The wise and free, acting from reason, thought and judgment, do not repent.
9. Conclusion

East is East and West is West Never the Twain Shall Meet

1. Introduction
2. A quotation of Rudyard Kipling, an English poet and imperialist, means that western culture is far superior to eastern culture, hence no possibility of their synthesis.
3. No doubt both cultures are opposites in character and temper, outlook and philosophy, social, moral, and spiritual ideas and ideals.
4. With their god dead, the conception of a typical western is material advancement through conquest over nature is the be all and end all of his whole existence.
5. A typical eastern, on the other hand, is still far more interested in spirituality than materialistic pursuits.
6. The common thing in Islam, Buddhism, Hinduism, Christianity, and Judaism, eastern religions, is the obedience of God, control of ill-desires, and sacrifices for others.
7. But it is wrong to think that the gulf is unbridgeable.
8. Since both of them have failed in getting actual satisfaction, so remedy lies in combining naturalism and spiritualism.
9. It is also necessary for the survival of human race on this planet in the presence of mass destructive weapons.
10. "The east has a message for Europe and America, if only the west will have humility and patience enough to learn from her."
11. Mere spiritualism or mere materialism will not do. The east must learn from west ways for material progress as the west must learn at the feet of eastern savants the spiritual wisdom.
12. Conclusion

Manners take the Man

1. Introduction
2. As good wine needs no bush, so a good mannered person is recognized and welcomed immediately.
3. Good manners are expressions of inner goodness and education.
4. Communities and societies behave well or badly according to their level of cultural heights.
5. Good manners and etiquettes are necessary for pleasant, smooth, and easy life.
6. Good manners and mannerism are totally two different things.
7. Mannerism is artificial and slavish imitation of behavior that makes a person look stupid one.
8. Conclusion

Example is Better than Perception/Deeds are Better than Theory

1. Introduction
2. Imitating is easier and more effective way of learning than just learning instructions, or the theory of something.
3. A child learns his language, manners, and culture just by imitating his elders.
4. God has sent prophets so that showed people how to act upon His orders.
5. Life of our Holy Prophet (PBUH) is the best example for humankind.
6. The same rule is true foe school learning. First students learn different theories on a subject as an example, and then they start making their own contributions.
7. The example of real goodness set before men by a really good man will do more for morality than hundreds of eloquent sermons are tons of moral advice.
8. Conclusion

Better to Wear out, than to Rust Out

1. Introduction
2. This is very old dilemma. According to one Latin Philosopher, “If you exercise the mind, it is worn out. If you do not exercise it, it gathers rust.”
3. But a well balanced life consists in avoiding either extreme.
4. Really great man of the History devoted all their physical and mental energies to their work. On the other hands, several men of genius rather wasted their talent than any triumph of inactivity .Who is better?
5. If there has to be one extreme, “rust out” or “wearing out” alternative is better.
6. If we have to choose then we should choose to wear out.
7. “A crowned hour of glorious life.” The poet tells, is better than an age without name.
8. Conclusion

There is No Virtue like Necessity

1. Introduction
2. Shakespeare wrote in one play, “Sweet is the uses of diversity.”

3. Discovery of penicillin pasteurization and many other scientific inventions are the fruits of adversities.
4. If we study lives of great men, it will be found that they were lives of difficulties and dangerous.
5. Life of our Holy Prophet (PBUH) was full of hardships, but it cultivated the most civilized society in the world.
6. Nations who accept challenges rule the world.
7. Conclusion

The Child is the Father of Man

1. Introduction
2. This quotation is taken from Wordsworth, an English romantic poet.
3. Just like the development of a plant from a seed, life is a gradual process of unfolding.
4. An individual before he comes to the state of manhood must necessarily pass through the state of childhood, so childhood may be called the father of cause of the manhood.
5. Childhood is miniature of manhood, and manhood is a fully developed state of childhood. The powers that are latent in the child are made manifest in the man; the faculty that dimly seen in the former are fully seen in the latter.
6. Great men show their signs of their future greatness even in their childhood.
7. Ruskin: "Tell me what you like and I will tell you what you are?
8. Hardy's pessimism originated in his childhood: as a child he loved to watch the maggots "the little helpless creatures that passed their time in mad carousal.
9. The great Buddha even when he was a child could be seen sitting apart from his playmate and mediating upon something.
10. When Alexander as a child was given a ball and a bat by his uncle he said, "I will play with the............?
11. But it is not a hard and fast rule with an exception that even most idle child can also be the greatest scholar of the world.
12. Einstein, a Colossus in Mathematics, was not at all promising student in his boyhood. Even Shakespeare and G.B. Shaw never betrayed the sign of glory in the childhood which they were together later with both hands.
13. Education of the child according his in born tastes and capacities also play a crucial rule in the development of the child. Queen Victoria was given the best possible education by her mother with the result that she grew up to be the one of ablest rulers of England.
14. Need it be reiterated that the period of childhood should be carefully watched, for it is the children of today who will be citizens of tomorrow.
15. Conclusion

Strike when the Iron is Hot

1. Introduction
2. The proverb quoted above is intended to impress our minds the desirability of catching time by the forelock.
3. A blacksmith strikes the iron when it is red-hot for then it is soft and he can mould it into

whatever shape ha likes.

4. Many people fail in life because they do not learn the lesson of striking the iron when it is hot.
5. Pakistan got many opportunities to resolve the Kashmir dispute with India, but failed to avail them.
6. Striking when the iron is hot may be regarded as the key to success in life. Except in rare cases in which success comes purely by accident.
7. Conclusion

Frailty is the Name of Woman

1. Introduction
2. Man and woman are two halves of a perfect whole. Strength is born of their union, their separation results but in weakness.
3. Ruskin: "They are in nothing alike, and the happiness and perfection of both depend on each asking and receiving from the other what other only can give."
4. In Bible, God is said to have fashioned Eve out of a bone from Adam's side, not from his head or his foot, which indicates that woman, is on equality with man.
5. Nevertheless, man in his pride and selfishness, has from age to age kept woman in bondage and addressed her as 'Frailty'.
6. While the orthodox condemn woman as the source of all vices, the romantics adore them as fairies and angels, a basis of all kind of artistic inspirations, even an instrument of spiritual realization.
7. Both the orthodox and romantic views ignore the essential human qualities of woman, a being in flesh and blood subject to same virtues and weaknesses, triumphs and failures, as her male counterpart.
8. The foundation of social and political life of any country is the family, and the centre of this family is the woman.
9. Napoleon: "Give me good mothers and I will give you a good nation."
10. But it does not mean that they must be confined within the four walls of the house with no right to take part in social and political activities.
11. "Educate women and the nation will take the charge of itself; for it is today, it was yesterday and will be to the end of human life that the hand that locks the cradle is the power that rules the world."
12. Charles Fourier: "One could the judge the degree of civilization of a country by both social and political position of its women."
13. But in their zest for social political activities, the woman should not lose their essential womanly qualities, as they are doing today. Under the western culture, they are today drifting farther from their domestic duties and consequently losing their essential womanliness.
14. In fact, a woman is made not to compare with but to aid and advise man, she does not either into a conflict but to resolve it.
15. Conclusion

First Deserve and then Desire

1. Introduction
2. Our desires have no end and they are also innumerable in kind. Our mind filter from one wish to another as a careless bee from one blossom to another.
3. Money, love, power, popularity, beauty and peace are the objects most universally desired by man. But none of these covetable blessings has ever come to man until he deserved it through endless effort.
4. Wealth comes through back-breaking labor; love through love; power through integrity of character and merit that is productive; popularity through character, kindness, and unselfish service to mankind; and one enjoys spiritual serenity when suffering has purified one's soul.
5. Muslim Ummah, despite having all natural resources, but not personal capabilities is facing a threat to its survival.
6. European nations generally, and America particularly has performed best in the competition among nations to win the leadership of the world.
7. A sensible person must make a self-analysis and assess how much he deserves the thing he desires.
8. Defects responsible for human failure: laziness, loose temperament, lack of calm and fair judgment, lack of patience, incorrect understanding of values.
9. Instead of attributing failures to reasons outside, one must seek to discover them in one's own self in one's errors and weaknesses.
10. Conclusion

Would it be true to Say that most Unhappy People have often the Least Cause for Being Unhappy?

1. Introduction
2. Having a rigid nature, such people consider the sense of humor a weakness. Life is a thing to be taken seriously, they say.
3. No matter whatever their work may be, they should learn to find happiness everywhere.
4. No matter how hard their lot, how dark the day may seem, if they work a little good humor into it, it will lift their life above a humdrum existence.
5. A good laugh does away with cares, worries, doubts, and relieves the great strain of modern life.
6. "Better a mind too small than one too serious."
7. "Smile once in a while."
8. "You are on the shady side of seventy, I expect, "someone said to an old gentleman. "No, I'm on the sunny side of it," he replied.
9. A great many people never learn to laugh heartily. A sort of half smile is as far as they ever get.
10. Conclusion

A Wise Man is a Man Who Knows he is a Fool

1. Introduction
2. Two kinds of fools: first those who are really ignorant but always think that they know much and secondly, those who know much and yet think that they know little. The first set of fools may be described as inspired fools, but the second group of fools is really philosophers in disguise.
3. Politicians, who claim of having deepest knowledge of their country's problems and their solutions in international context, are actually foolish and stupid enough to play with emotions of common mob.
4. Joseph Conrad, in his novel "The Head of Darkness" has challenged the so-called European civilization based on modern scientific knowledge and their notion to transplant it in other backward regions of the world. So, he says, "Only policeman and butcher can keep people on the right path in civilized Europe."
5. According to Freudian psychology, self deception is greatest of deceptions.
6. It is a common place occurrence that many student in Pakistani universities take up subjects which they have no aptitude and meet with failure at the examination.
7. A wise man always subjects him to self-examination.
8. The difference between knowledge:
9. Knowledge always makes one proud; it makes one forget one's limitations.
10. Wisdom, however, is always humble.
11. Tennyson says knowledge as "earthly" and wisdom as "Heavenly".
12. If too much reading, as Solomon said, is weariness of the flesh, excessive knowledge is a tyranny of the mind. Wisdom is in fact, the flowering of the spirit.
13. Conclusion

Little things are great to Little Men

1. Introduction
2. It is the fact that "the great would not think themselves demigods if the little did not worship them."
3. Greatness is gained by comparison and when analyzed it comes to a greater range and extent than when looked by itself.
4. A man getting a salary of Rs. 15,000 a month would be considered a rich man among the laborers who live from hand to mouth.
5. So, the value of greatness depends on our sense of proportion. Little have a narrow outlook on life.
6. Conclusion

The Fools of Yesterday are the Wise Men of Today

1. Introduction
2. The men, who were regarded as foolish by the people of their own time, are reversed as wise men today by a later penetration.

3. Jesus Christ in his own time was treated as imposter and madman, but today he is revered by millions as the greatest teacher of religion and humanity.
4. The fact is that greatness of a wise man is really never fully appreciated by his contemporaries.
5. Socrates had to drink hemlock.
6. Our Holy Prophet (PBUH) had to face humiliation and hardships for preaching of Islam. Today, he is accepted the greatest and noblest man of the history of the world.
7. Idea of Pakistan was ridiculed as "the dream of a madman."
8. It is fact that a great man is far more advance in his vision than his common contemporaries, who cannot understand his assertions. But time always proves them right.
9. Conclusion

Man is the Architect of His Own Fortune

1. Introduction
2. The fortune of a man depends upon his own self; he can make or mar according as he wishes.
3. A man who possesses a strong will and a firm determination finds all difficulties solved.
4. Every man reaps the results of his own actions. If he is active, he will be rewarded for his activity and if he is idle, he will have to suffer for his idleness.
5. To trust to fate and remain inactive is nothing but cowardice, and it is idle to expect hat fortune will ever favor such cowards.
6. It is thus clear that man cannot improve his condition in life or get fame and fortune unless he will sit and acts in accordance with his wish.
7. Conclusion

The Fruits of Labor are Sweeter than the Gifts of Fortune

1. Introduction
2. Rewards of one's own exertions and endeavor afford much greater delight than any inherit wealth, a legacy, or a lottery.
3. There is keen pleasure in honest labor of farmer, a student, a mountaineer, a servant etc.
4. Labor not only results in a more delightful reward, but it also makes the laborer mature enough to enjoy and sustain this reward for a long time.
5. On the other hand, the pleasure in the gifts of fortune can never be genuine.
6. Gift of fortune tend to make a man idle. Resultantly, he loses his fortune very soon making his life full of miseries.
7. Conclusion

Discipline Means Success, Anarchy Means Ruin

1. Introduction
2. Discipline comes from "disciple", a learner or follower of a teacher and it means properly training. A disciple puts himself under a teacher to be trained and taught.
3. The very essence of discipline is obedience.
4. The methods of such training are patient instruction, good example, and when necessary,

punishment.
5. When men wish to act together in societies or companies, they have to agree upon certain rules of conduct; and the enforcement of obedience to such rules is called discipline.
6. There is also self-discipline the hardest task of all.
7. "He that rules this spirit is greater than he that takes piety."
8. Conclusion

A Righteous Man Regards the Life of his Beast

1. Introduction
2. It is a verse from Bible that means making kindness and justice to domestic animals is an essential part of human virtue.
3. Those animals such as the horse, dogs, donkey and mules, which men have bred and trained for their own use have a special claim on our mercy and justice.
4. A great deal of cruelty to animals is due simply to thoughtlessness and lack of imagination. People put wild birds into cages just for their own pleasure seeking, and they brutally ignore wild's own feelings and pleasures.
5. As far as killing animals for food is concerned, it is man's duty to see that such animals are killed painlessly.
6. Our Holy Prophet (PBUH) has taught kindness and love with domestic animals.
7. Conclusion

One Man's Food is another's Poison

1. Introduction
2. This proverb takes variety of taste in food as a typical illustration of the difference between man and man in susceptibility to various pleasures.
3. On international level, almost every nation has some peculiar delicacy, which would be rejected with loathing by the rest of the world.
4. Existence of cannibals, Muslims slaughter cows while Hindus don not meet at all.
5. The savants of Australia eat insects and grubs.
6. Among the great varieties of castes and tribes to be found in Pakistan, some are known to eat serpents and one low caste devours greedily the flesh of cattle's died of disease.
7. In modern Europe the Frenchman's taste for frogs seems horrible and unnatural to the ordinary Englishman.
8. The same case is at individual level.
9. This strange antipathy may be regarded as exaggerated forms of likes and dislikes.
10. There is the same diversity of tastes: hunting, intellectual and reading books out-door games, public life and seclusion.
11. Even there are strongly marked special differences in general similarity: if we talks of fiction it includes tragedy (classical and modern), comedy, comic tragedy, social, political, romantic, and adventurous etc.
12. This diversity is the beauty of this universe without which it would become lackluster.
13. Conclusion

Life is Action, Not Contemplation

1. Introduction
2. Goethe: what is this life? A struggle or a dream? Perhaps both if it is the one, life is action and if it is the other, life is contemplation.
3. Action is recognized as vital even though its end is not clear. Whether we choose our actions or we are driven to do them from within it is all the same.
4. The two aspects of action contemplation constitute life, they are inseparable. Even in the mildest life of "simple live and high thinking" action has a part to play.
5. The riddle of life cannot be solved by action alone; contemplation and meditation are equally necessary to probe into it.
6. Struggle makes us strong. Like virtue it has its own reward, it gives us character.
7. Too much thinking is a disease akin to melancholia. It keeps us depressed, gloomy, and dyspeptic.
8. A spider working inward soon envelopes himself in a web; similarly merely abstract thinking confuses the brain.
9. The progress of the world is the result of equal contributions of great thinkers and actors.
10. "Play up, play up, play up the game."
11. Healthy mind lives in a healthy body; actions give us health.
12. Thoughts, unless translated into actual shape, do not come to bloom but, die into embryo.
13. Subcontinent's past is rich in the fruits of contemplation but the present needs action.
14. Thought, to be complete, demands action, and action without thought has no lasting value. The best life is that which is lived both in thought and deeds.
15. Conclusion

Where Wealth Accumulates and Men Decay

1. Introduction
2. Divorce from religious serenity and ethical sanctity; our life has become grossly materialistic.
3. Wordsworth: "World is too much with us."
4. The sole aim of modern man is to advance materially, even by means of cut-throat competition.
5. T.S. Eliot: "Hollow men journeying ceaselessly and without any aim" in the waste land, where "the very breath of the wind is fatally poisonous.
6. Our mission in life is accumulation of material wealth; our vision is limited, shadowy and dim and our outlook is much too mechanical.
7. The one glaring result of mechanization of our outlook is our complete separation from nature.
8. Man has become too much time conscious and equally unconscious of the importance of noble relations and sentiments.
9. The fatal tendency to accumulate wealth has led modern man to a state of spiritual morbidness.
10. Bertrand Russell: Our civilization has been "subjected to be self-decaying and self-damaging convention of over maturity."
11. This perverted civilization of ours has robbed us of our spiritual and moral values of life.

12. Along with material need, we have to satisfy our spiritual and moral urges, too.
13. Islam teaches an absolute balance between material and spiritual life.
14. Mohammad Ali Jinnah, the father of the nation, also held the same view of life. According to him man's greatest endeavor should be the purification of his soul.
15. "Man has become uninterested in the final activities of his life; he has no response to the inner values of life. He is over occupied with one vocation, i.e. to pile up wealth."
16. "Man capital has reduced to mere machine, ever busy in moving, rolling back, pushing itself forward, never ceasing but always grinding and grinding."
17. Conclusion

Liberty Means Responsibility, that is Why Most Men Red it

1. Introduction
2. So long as in individual, is in the bondage to self, he can neither know nor experience the joy of liberty.
3. "Oh I do not feel like doing that just know", or "Oh do not feel like going". Such are the expressions bring calm and deliberate reason to bear on all things. Say to yourself,"This is a matter of right and wrong, and my feelings have a nothing whatever to do with it."
4. Prejudices and partialities blind the eyes to realities.
5. Craving for pleasure is perhaps worst of the bondage which leads men and women to the deepest of slavery.
6. A wise man never envies another being disconnected with his share of things.
7. The slave to feelings and passions is ever sinning and repenting.
8. No man can be free and happy who does not work.
9. Carlyle: "Labor is ever lasting, noble and holy. It is the source of all perfection. No man can become accomplish without work."
10. Liberty is obedience to laws of God that causes responsibility.
11. Being the strongest of moral tonics, work is the grand cure of all maladies and miseries.
12. There is no bondage in the Heavenly life. There is perfect freedom which is gained by obedience. He who gives a loose rein to inclinations is a slave to his passions. He cannot control his passions. That is why he avoids responsibility.
13. Conclusion

Young Habits Die Hard

1. Introduction
2. What we do often, we soon begin to do it always, and thus habit will grow to be the part of our natural self.
3. Aristotle: "That, which has become habitual, becomes as it were a part of our nature."
4. Plato once scolded a child gambling with nuts. The child replied,"You are scolding me for a trifle. Plato gravely said, "Habit is not trifle."
5. Habit is the basis of character and man is regarded by society according to his habits and disposition.
6. Once a habit is formed, we are practically at its mercy.

7. "Habit is overcome by habit."
8. A character is nothing but a bundle of habits.
9. Aristotle: "Men acquire a particular quality by constantly acting in a particular way."
10. An English writer: "Sow an act, and you reap a habit, sow a habit and you reap a character, sow a character, and you reap a destiny.' Excellent habits render the most difficult task easy to perform."
11. The best way, therefore, of building up character is to create desirable habits.
12. But one should not allow even good habits to take the place of one's free and rational will. A soldier was going with a dish of food when a miscellaneous urchin cried, "Attention"! The soldier automatically dropped his dish and stood at attention.
13. Wordsworth: "Habit rules the unreflecting here."
14. Habits should be limited to routine activities only: but in the higher things of life, in making decisions, in operating our will, what is needed is not a settled habit, but the rational exercise of one's free will.
15. Let us be able to say with the Roman Sallust, "For me who has spent my whole life in the practice of virtue, right conduct has become a habit."
16. Conclusion

Where there is a Will There is a Way

1. Introduction
2. Little strokes fell great oaks
3. Patience and perseverance will overcome mountain
4. Napoleon: impossible is word that is found only in the dictionary of fool.
5. Sir Isaac Newton, despite several obstacles thrown in his way to mathematical studies, emerged as the greatest mathematician of the world just owing to strong determination.
6. The spider in the story of "Robert Bruce and the spider" though failed nine times to reach the highest point, succeeded at last. Much impressed by little insect, Robert took heart, tried again and succeeded.
7. On being laughed down on his first appearance in the House of Commons, Lord Beaconsfield angrily exclaimed, "the time will come when you shall hear me". And with his firm determination he emerged as one of the greatest orators of England.
8. Apparently insuperable difficulties vanish in nothingness of a dream if we are fired by a heroic determination and strong will to strive to seek, to find and not to yield.
9. Conclusion

Peace Hath her Victories no Less Renowned than War

1. Introduction
2. Alexander, Caesar, Napoleon, Chengiz khan and Tamerlane, great warriors and emperors of the history, their glorious victories are based on the scalps of demolished countries and civilization.
3. Napoleon, the greatest soldier of all times, the performer of miracles, brought tremendous glories to France at the cost of its depopulation complete rein of enemies' countries.

4. In war we cannot construct, it only destroys.
5. Apparent achievement gained through it is short living. After Alexander's death, his great empire was broken into fragments. Napoleon, having brought many countries under his sway, was finally defeated by his own victims.
6. In contrary, peace brings everlasting fruits to the whole humanity: scientific inventor, great theories of philosophers, and marvelous pieces of art and literature.
7. War turns to useful invention, great sources of human betterment in peace, like nuclear energy into destructive means like Atom and Hydrogen bombs.
8. In war man fights against his fellows, against other men; in peace he fights against poverty, disease and ignorance.
9. Achievements through peaceful means rules over heart, while power causes only hatred: Louis Pasture, the eminent French scientist, outclassed Napoleon in a contest for the greatest Frenchman in the eye of French people.
10. War causes a prejudice and discriminataion, ever unacceptable vices to human conscience, among human being but scientific inventions, literary works, and philosophies are meant to uproot these evils.
11. Our Holy Prophet (peace be upon him) brought the biggest revolution in the history of the world, through love and knowledge.
12. Jinnah founded the biggest Muslim state of the world without killing even a single man.
13. Whatever point angle we look at the matter, victories of peace emerge greater than those of war. With increasing knowledge and world becoming a global village, it is hoped that war would become a thing of past.
14. Conclusion

Discretion is the Better Part of Velour

1. Introduction
2. Meaning: when you believe it is wise to be careful and avoid unnecessary risks.
3. Reason being the supreme human possession, sheer animal force can scarcely be called courage.
4. Wit, The presence of mind and intelligence, by dint of which man can even enslave a giant, is certainly much superior to physical strength.
5. In a war, ordinary soldiers, incapable of effective planning, are sent to fight, but the general, sitting in his camp, fights actual war through his plans.
6. A venture without proper measures is just a foolish daring and stupidity.
7. Columbus did not sail across the uncharted ocean without proper knowledge and experience.
8. In an epidemic, a wise man gets vaccination and proofs helpful for others while a foolish bold man without any precaution causes troubles for others
9. Expression of courage is not limited to the acts of physical velour only. Men of genius weather the storms of opposition and bitter criticism with their spiritual strength.
10. Socrates did drink the cup of hemlock to upload the values of truth.
11. Galileo died to establish a scientific explanation of a natural phenomenon.
12. Jinnah was the only Indian politician who did never break the law, and yet achieved the greatest victory in the form of Pakistan.
13. Courage in itself has scarcely any importance unless it has definite goal and a purpose.

14. Conclusion

Sweet are the Uses of Adversity

1. Introduction
2. Dark and detestable as adversity is, it has yet an important end to serve in our life.
3. Pain is a necessary part of life, as inevitable as the 'shades of darkness falling softly from the wings of night' after the day is done.
4. If there were no pain, there would not have been pleasures as well.
5. "He that has no cross will have no crown."
6. Adversity strengthens and develops our faculties.
7. "The storms of adversity, like those of the ocean rouse the faculties, and excite the invention, prudence, skill and fortitude of the voyager."
8. Adversity teaches us virtues of courage, fortitude, and firmness.
9. All the scientific inventions and discoveries are the result of natural adversities and man's struggle for surviving against them.
10. Life of our Holy Prophet (PBUH) was full with extreme hardships, but God has blessed Him with highest glory among all great men of the world.
11. Even in our ordinary routine life, we like the person who suffers the hardships of professionalism in his field.
12. A man's life is measured not by the years he lives, but by the volume of works he has done. A death is inevitable, the goal of life should not be to make in long without any purpose but to make it purposeful even though short.

Conclusion

Chapter 3:
Complete Essays

Crisis of Good Governance in Pakistan: Need for Reforms and Institution Building

Outline

Introduction

1. Rise of civic life
2. Emergence of structural governments
3. Situation in Pakistan

Nature of Crisis of Good Governance in Pakistan

1. Rampant corruption
2. Obstructions in the devolution of power
3. Mounting debt
4. Proliferation of poverty
5. Low literacy levels
6. Pronounced health sector predicaments
7. Struggling energy sector
8. Absence of rule of law
9. Deplorable security situation

Steps for Reforms and Institution Building

1. Incorporation of checks and balances
2. Promotion of democratic norms
3. De-politicization of institutions
4. Establishment of rule of law
5. Long term planning and implementation
6. Increase in spending on social sectors
7. Meeting the energy demand

Conclusion

Essay

Crisis of Good Governance in Pakistan: Need for Reforms and Institution Building

Ever since the emergence of human civilization, people have relied upon leaders to guide them in every affair of their lives. These leaders were expected to protect the life and land of the people in times of war and ensure their survival in times of peace. Initially they were men of strength or simply clan chiefs. However; with time more elaborate methods were devised for the selection of leaders. The Greeks were the first people to use popular vote to decide on matters of governance and society. This, later, morphed into the modern system of democratic election of governments that prevails till today in most of the world. Pakistan too has had a democratic system of government ever since its independence. However; governments in Pakistan have not been successful in delivering to the nation. To begin with; successive governments in Pakistan have been marred by the scourge of corruption. Similarly; power has not been allowed to devolve down to the grass root levels. Moreover; we have consistently failed to gain economic self

sufficiency and thus have amassed a massive debt. Also; poor literacy levels and substandard health sector have contributed to the proliferation of poverty. Likewise; in the recent years Pakistan has been in the grip of a stifling energy crisis. In the same way; law has always been flaunted by the influential segments of society. Finally; the population has suffered immensely due to the lax security situation in the country. Still; in context of reform in governance there is light at the end of the tunnel. Firstly; a strict and indiscriminate policy of checks and balances has to be formulated and implemented. Secondly; democratic norms have to be promoted in all government institutions. Thirdly; institutions need to be ridden of political influence. Fourthly; rule of law needs to be established. Fifthly; governments need to look at their own past tenures and formulate plans for the long run. Sixthly; there is a need to increase the budget towards the social sector in order to produce lasting change. Lastly; there is a dire need to plug the energy demand gap in order to rejuvenate the industrial sector. There is a crisis of governance in Pakistan which needs practicable steps to bring about reform and institution building in the country.

To begin with; rampant corruption is the prime example of crisis of good governance in Pakistan. The country relies mostly on indirect taxes and foreign aid in order to run the day to day affairs of the government. However; due to corruption most of this money never reaches the people it is intended for. Pakistan has suffered direly due to this menace. For instance; according to the United Nations' Corruption Perception Index 2015 Pakistan ranked at 127th position. Corruption has not only made the population less trustful of the government but also furthered the economic strain on it. Therefore; crisis of good governance is evident from the rampant corruption that plagues our country.

Similarly; one of the biggest evidence of crisis of good governance in Pakistan is the existence of various obstructions in the devolution of power. Devolution of power is considered as the essence of democracy and good governance; it enables the people to remain in direct contact with their governments. Pakistan has always struggled to formulate and implement a system of pure local government. For example, local governments have only been formed thrice in Pakistan, and only one of them, the 2015 local governments, was formed during a democratic governments. Political, economic, elitist and social interests have always prevented the devolution of power to reach the grass-root levels. Hence; obstruction in the devolution of power indicates the crisis of good governance in Pakistan.

Likewise; a mounting debt is a critical element of the crisis of good governance in Pakistan. To start with; all countries which depend on some form of debt in order to run their day to day affairs use it in most efficient way. Moreover; grants and loans can, in some cases, provide an impetus to stalled economies. In Pakistan, however, we have never used the grants and loans to rejuvenate our industry and domestic production. As a result we have been increasingly resourcing to international organizations and countries to meet our expanses. For instance; according to the State Bank of Pakistan the national debt of Pakistan at the end of 2015 was 66.457 billion dollars. To sum up; one of the key factors in the crisis of good governance in Pakistan is a mounting debt.

In the same way; the proliferation of poverty is one of the biggest manifestations of crisis of good governance in Pakistan. A smaller number of people living below poverty line is considered

a good indicator of the economic condition of a country. Pakistan has fared very badly in this area, right from the day of our independence. For example; according to Pakistan Economic Survey 2014-15 if $2 is considered minimum daily wage, then half of Pakistan's population lives below poverty line. This staggering number of poor people not only burdens the government but also is vulnerable to the machinations of criminals and terrorists. So far our successive governments have failed to improve the conditions of these impoverished people. In sum; the crisis of good governance is visible from the proliferation of poverty in Pakistan.

Moreover; one of the biggest manifestations of crisis of good governance is the low literacy levels in Pakistan. All developed countries boast of high levels of literacy. Pakistan, on the other hand, has one of the lowest literacy rate in the world. For Instance; according to Pakistan Social and Living Standards Measurement Survey 2013-14, literacy rate in Pakistan is only 58%. This is chiefly due to the meager allocation of budget for education. According to Pakistan Economic Survey 2014-15, we spend just 2.1% of the GDP on education. In conclusion; crisis of good governance is displayed by the low literacy levels in Pakistan.

Also; crisis of good governance is evident from the struggling energy sector of Pakistan. In this age of industry and production, energy is essential for a country to compete with others. Pakistan's industry, however, has been almost completely stalled by the shortage of power. For example; according to the Ministry of Power, Pakistan's peak energy shortfall is 4,500 MW. As a result; a large number of industries in Pakistan has either closed down or shifted their business elsewhere. Likewise; the people have had to suffer immensely especially during the months of summer. To conclude; a struggling energy sector is a key factor in the crisis of good governance in Pakistan.

In the same manner; absence of rule of law is one of the biggest evidence of the crisis of good governance in Pakistan. The first and foremost responsibility of a government is to provide its citizens with protection and justice. Pakistan has failed miserably in this sector. Here justice is not served on an equal basis; people with influence, money or power can easily dodge the process of law. For instance; the rich can always pay blood money in order to escape the punishment of murder. Moreover; in cases where justice is provided, the process is either too expensive or too protracted. Therefore; the crisis of good governance in Pakistan is shown by the absence of rule of law in our country.

Finally; a deplorable security situation is a further affirmation of the crisis of good governance in Pakistan. For the last decade, Pakistan has been in the grip of a deadly wave of terrorism. We have had to pay heavily in this war against terrorism, both in terms of money and the lives lost. For example; according to the Inter Services Public Relations (ISPR), 80,000 Pakistanis have been killed as a result of terrorist activities. As a result; our economy and society, both have taken a beating. Foreign investment has waned, business has closed and schools have been attacked and bombed. Hence; crisis of good governance is proven by the deplorable security situation in Pakistan.

In the above lines the essay has discussed the various causes of crisis of good governance in Pakistan. In the following paragraphs it will describe a few solutions for reforms and institution building.

Firstly; incorporation of checks and balances is very important in order to bring about reforms and institution building. Power corrupts and absolute power corrupts absolutely. Therefore; it is essential that every echelon of a government is subjected to strict accountability. For instance; western countries have strict laws of accountability, which is one of the main factors in their good governance. Moreover; checks and balances make governments more responsible towards the people. It also helps in strengthening institutions. Therefore; it is essential to incorporate checks and balances in order to bring about reforms and institution building.

Secondly; democratic norms have to be promoted in Pakistan, for reforms and institution building to occur. Democracy is the form of government in which the population itself chooses their rulers. Therefore; the elected are very attentive to the aspirations of the populace. For example; in western democratic countries people readily reject the elected officials who fail to live up to their expectations. However; if democracy is to become effective, it must be extended to all levels of society and all institutions of a country. A lack of this practice is exactly why democracy has failed to deliver in Pakistan. To sum up; for reforms and institution building to take hold, democratic norms must be promoted in Pakistan.

Thirdly; to bring reforms and institution building in Pakistan, de-politicization of institutions has to be made a priority. To begin with; administrative, military, law-enforcement and judicial institutions are established so that they may work for the welfare of the people. Therefore; these institutions must be allowed to work without political interference. In Pakistan, however, they have been used more often than not by the incumbent governments to protect their own interests. For instance; police has often been used to register false cases against political opponents. Moreover; officials hesitate to perform their duties according to the dictates of the law, out of fear of transfer or suspension by their political bosses. In conclusion; institutions need to be de-politicized, in order to constitute reforms and institution building in Pakistan.

Fourthly; rule of law must be established in order to bring about reforms and institution building in Pakistan. Free and fair justice is the first prerequisite of a functioning society. In Pakistan there is widespread discontent over the want of justice. Strict observance of law makes the governments bound to the guidelines of the constitution. Similarly; it ensures that all segments of the society are being accorded equal rights and opportunities. Moreover; it enables institutions to perform their functions according to the rules of business, free from the fear of persecution. To sum up; in order to initiate reforms and institution building in Pakistan, establishment of rule of law is imperative.

Fifthly; in order to bring reforms and institution building, spending on the social sector must be increased. Spending on social sector is one of the biggest indicators by which a country's economic and social wellbeing is measured. For example; Japan has the highest life expectancy and literacy levels on Earth, which is due to a large allocation of their budget to the social sector. In

Pakistan there is a dire need to improve the literacy levels and health sector. It will not only equip the population with knowledge but also give them the right skill sets to work towards the betterment of the country. Also; it will help in improving the health condition of the people. In sum; spending on social sector must be increased for engendering reforms and institution building.

Lastly; the energy demand of the country must be met in order to engender reforms and institution building. Energy has become the most important commodity of the 21st century. All developed countries rely on energy to maintain their economic superiority. In order to rejuvenate its economy, Pakistan needs to meet its energy demand for good. This will not only create jobs but also enable the government to focus on other pressing issues. Long-term planning and development is the key to ending the scourge of energy shortage. Hence; for reforms and institution building in Pakistan, energy demand must be met.

In short, humans have always yearned to live in groups. They have appointed, from amongst themselves, people of the right caliber and aptitude to guide them. At the outset, only rudimentary methods were available for the selection of rulers and often they were chosen on the basis of their physical prowess. Crude forms of popular vote developed into the highly systemized elections through which the majority of the governments are formed in the world today. Whatever the method of selection, governments are expected to cater to the needs of their electors. Pakistan, although largely a democratic country, is amongst those where governments have largely failed to deliver. Firstly; the scourge of corruption plagues every echelon of our government. Secondly; the powerful and the influential have always championed a centralized form of governance; therefore dissuading any attempt to devolve power. Thirdly; our reliance on foreign loans has created a mountain of a debt. Fourthly; we have the worst educational and health sectors in the world and more than half of our population is living under poverty line. Fifthly; there has been a pronounced shortage of energy for the last decade. Sixthly; there has only been a semblance of the rule of law. Lastly; social and economic activities have stalled as a result of the lax security situation in the country. That being said; the situation is not irrevocable. To begin with; strict accountability has to be instituted at all levels of government and within institutions. Also; both society and governments have to be made more democratic in their conduct. Similarly; interference in government institutions, especially political interference, needs to be stemmed. In the same way; rule of law needs to be established and practiced. Likewise; we need to shift our focus towards the long term and plan well ahead into the future for lasting impacts. Moreover; a much larger allocation must be made from the budget for social sector such as education and health. Finally; we need to fulfill the energy demand and end the energy shortages for good. This essay has showed how there is a crisis of good governance in Pakistan and concluded with a few suggestions for reforms and institution building.

NOTE

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